

# A Practical Meaning Resource

("Practical Meaning" on Substack or YouTube)



## Meaning Journaling 1: Meaning Assessment

**Introduction:** The purpose of this non-scientific assessment is to help you get an overall picture of your meaning satisfaction in life, and in particular areas of your life. By doing this, you may discover areas of your life that you want to reflect on, either because they have really solid meaning or because they are lacking in meaning. This assessment is only for your own journaling (unless you choose to share it with others).

**Instructions:** A) Complete the pre-assessment questions, B) Rate your meaning satisfaction in the indicated areas of your life by putting an "x" in the appropriate box. If any items are not applicable, just skip them. Add other items as needed in blank spaces. C) Journal using the prompts included below the assessment, or on any topic of your choosing.

**Important:** Keep in mind that this is a subjective assessment and your ratings can change over time and depending on your emotional state. To create a "baseline" it is recommended that you do the assessment at least three times at different times and, ideally, in different emotional states.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### \*Before taking the assessment:

1. My general emotional state at the time of doing this assessment: 😐 😞 😭 😡 😊 😄 😁

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2. Any major things happening in my life right now:

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3. My overall level of meaning satisfaction in my life, on a scale of 1-10 (10 = Highest): \_\_\_\_

**Meaning Assessment:**

**Level of Meaning Satisfaction (Meaningfulness)**

Low

High

<b>Area</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Friends										
Primary Relationship										
Parents										
Siblings										
Children										
Extended Family										
Co-workers										
General Social Life										
Time with Myself										
Where I live (local, regional, national)										
Home Life										
Career										
Current Job										
Education / Schooling										
Religion / Spirituality / Mindfulness										
Volunteering / Activism										
Physical Activity										
Projects / Hobbies										
<b>Overall Life (at end of assessment)</b>										





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