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: 😑 😕 😟 😟 😌 😬
2. Any major things happening in my life right now:	
My overall level of meaning satisfaction in my life. or	n a scale of 1-10 (10 = Highest):

Meaning Assessment:

Level of Meaning Satisfaction (Meaningfulness)

High Low Area 1 2 4 5 6 7 9 3 8 10 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 Overall Life (at end of assessment)

Journaling Prompts Check any that you plan to address in your journal entry: How I feel after taking this assessment __ What surprised me most about my results __ The area of life where I have the most meaning and why __ The area of life where I have the least meaning and why __ The area I want to focus on right now and why __ What has changed since my prior assessment(s) Journal Entry (refer to other templates if you want more structure for your writing)

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