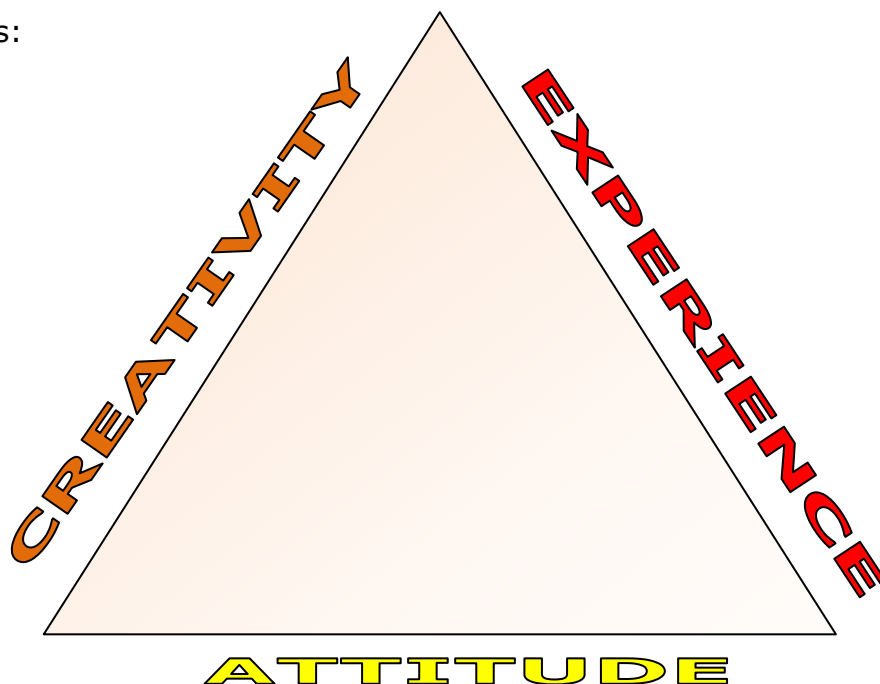


Finding Meaning in Life

Viktor Frankl's (1964) **Meaning Triangle**

Three Values:



CREATIVITY

- Giving something to the world through self-expression
 - Work, good deeds, art, music, writing, invention

EXPERIENCE

- Receiving from the world
 - through nature, culture, relationships, interactions with others and our environment, spirituality

ATTITUDE

- Even if we can't change a situation or circumstance, we can still choose our attitude toward a situation, condition or suffering – changing the way we think about life situations, seeing a different perspective, looking at it a different way

Two types of Meaning

Ultimate Meaning	Meaning of the Moment
<ul style="list-style-type: none"> • A meaning we can never reach but just glimpse at the horizon... a life direction and set of values rather than an achievable goal. • We might set goals to achieve whilst moving in the direction of our life values. <p style="text-align: right;">• <i>E.g. Helping others</i></p>	<ul style="list-style-type: none"> • Realising we have choices in each moment • Making wise and responsible decisions <p style="text-align: right;">• <i>E.g. What can I do right now, in this situation, that will be helpful to others?</i></p>

What gives your life meaning?

Write down the areas in which you'd like to find meaning

What do you enjoy? What gives you a sense of achievement? Is there something you've always wanted to do, or do more of? What are you drawn to? What makes you feel purposeful? What do you value in life?

- Having chosen your life direction, ask: What can I do that will lead me towards my life direction?
- Then break it down into more detail – what you can do, how you can do it, when etc.

<p>CREATIVITY</p> <p><i>Work, good deeds, art, music, writing, invention, helping others, sponsored event, voluntary work, charities, hobbies, interests</i></p>	
<p>EXPERIENCE</p> <p><i>Being with nature, music, art, theatre, concerts, galleries, museums, literature, outdoor mindful activity (awareness of environment), mindfulness, being with others, spirituality</i></p>	
<p>ATTITUDE</p> <p><i>Challenging existing attitudes, changing the way we think about life situations, seeing a different perspective:</i></p> <p><u>STOPP!</u></p> <ul style="list-style-type: none">• <i>Is there another way of looking at this?</i>• <i>What's the bigger picture?</i>• <i>How might someone else see this situation?</i>• <i>What advice would I give to someone else in this situation?</i>• <i>What's the most helpful and best response for me, others & this situation?</i>	