Exercise: Meaningful things in my life

Goal

You identify what matters most to you.

Instructions

Think about the things you value and consider meaningful in your life. These things that matter to you can relate, for example, to a romantic relationship, family life, work or studies, or leisure time.

Things that matter to you may include:

- family
- a romantic relationship
- work and studies
- personal development
- social participation
- aesthetics
- spirituality and connection to something greater
- stability and security
- new experiences
- health

Now think about what things are meaningful to you.

For example: “I value my family, from whom I receive support.”