

Finding Meaning Worksheet

Positive Journaling:

By maintaining a Positive Journal worksheet, you will be able to keep a track of all the positive things that have happened and keep happening in your life. This will make you a thankful and positive person. Such positive experiences will keep you motivated and won't let you lose hope.

Reading:

Reading can help you find your purpose, but so can writing, Read as many books as you can on self-discovery or spiritualism. It will help you to unwind your mind.

Me Time:

Spend time with your own self. Do something you enjoy doing. Discover your true feelings and potential by connecting with yourself.

Relaxation:

Relaxation techniques are powerful techniques for learning to live in and enjoy the moment. Simply speaking, meditation is an exercise for your brain. When practiced regularly, meditation appears to decrease activity in the areas of the brain associated with negative thoughts, anxiety, and depression.

Connect with nature:

Nature has healing power, it fills your body and soul. Go on a vacation, spend time with nature, and practice grounding exercises.

Challenge yourself:

To improve or enhance your sense of fulfillment, challenge yourself that whether you will be able to do it,

Start doing something that you always wanted to do:

Start a hobby, anything that you always wanted to do or would love to do.

Set Goal for yourself:

Don't set the goals that are too demanding and take the best out of you, a task that is larger than life will not only demotivate you but also will make you worn out. Hence it is very important to divide the task into smaller and simpler steps so that you can feel a sense of achievement and accomplishment in small things.

Push your limits:

Push your limits to see how far you can do and where do you stand in life. Make it a challenge for yourself.

Follow your instincts:

Do what your instincts tell you,

Discover yourself:

Discover your true meaning by relaxing your mind and getting involved in a number of mindfulness activities.

Practice Mindfulness:

Pay close attention to the input you receive from your surroundings: Start simply noticing your environment, thoughts, feelings, and sensations without reacting to them. With practice, mindfulness will allow you to participate in your own life & experience more

Set the Goals that give you satisfaction:

Intrinsic motivation is all about your inner drive and inner satisfaction, do something that you love doing and you will never have to work a day in your life, this is an intrinsic motivation for you. Set your goals that are internally motivating for you. It is about your inner self of accomplishments that helps you to achieve your goal.

Practice Gratitude:

Teaching yourself to become more grateful can make a huge difference in your overall happiness. The research shows that gratitude helps you experience more positive emotions, decrease depression, feel better about yourself, improve your relationships, and strengthen your immune system.

Act of Kindness:

Help others and the people around you. Look for ways to be more kind, compassionate, and giving in your daily life. This can be something as small as brightening a stranger's day with a smile or going out of your way to do a favor for a friend.