

HOW TO LIVE A MEANINGFUL LIFE

BUILDING AWARENESS



What things do you do now where your emotions or thoughts pull you in another direction - e.g. you show up, but you would rather be someplace else. Or, you do something and it feels bad in your gut or your heart when you do it:

What ailments or physical difficulties do you have? Can you connect them to emotions you haven't dealt with?

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If you were living a more meaningful life, what would be different than it is now?

If you were 90 looking back at your life, would you be happy with how you lived it up to now? If not, what would you change?



REASONS I CAN'T CHANGE MY LIFE TO BE MORE MEANINGFUL:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.