



# Meaning

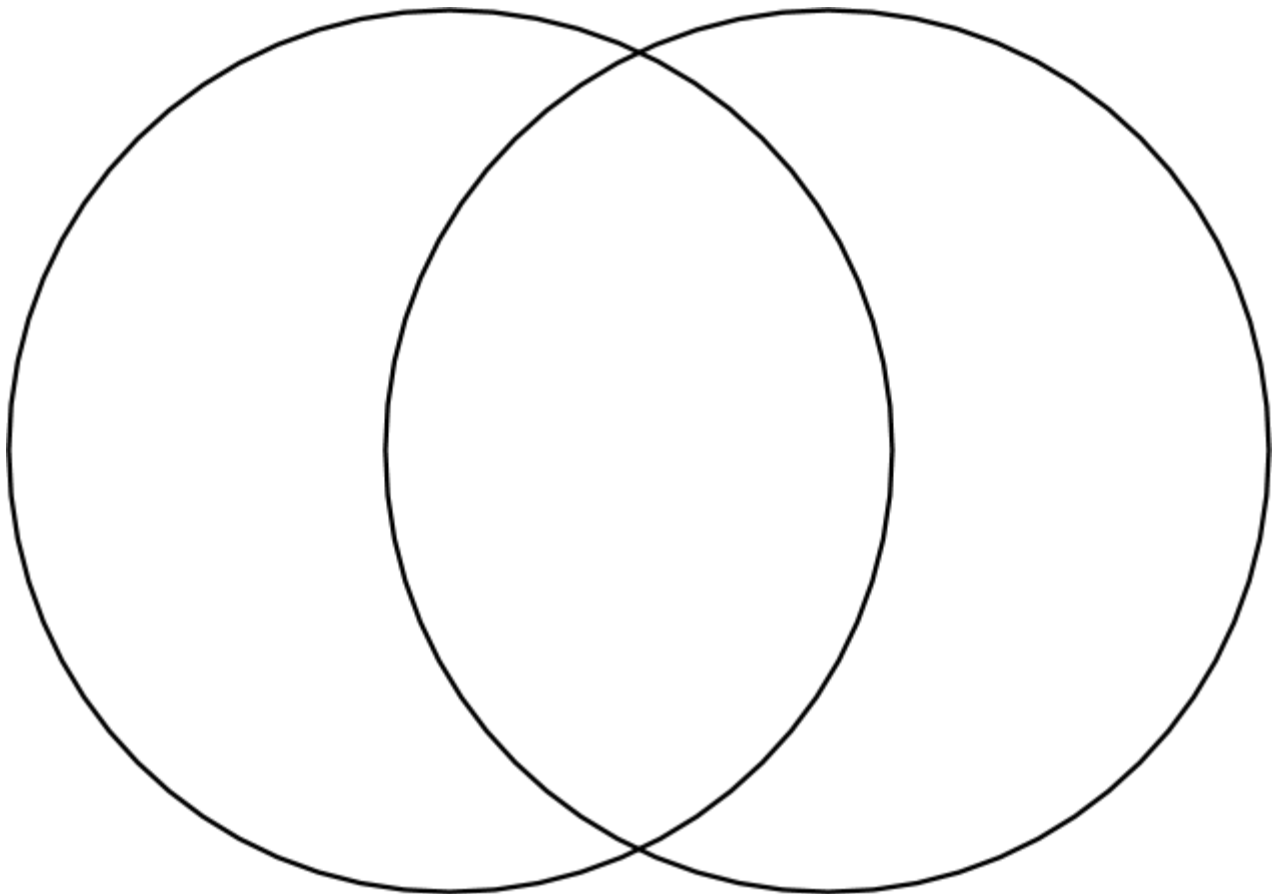
*“Those who have a 'why' to live, can bear with almost any 'how'.”*

- Viktor E. Frankl

Now let's apply that awareness of our own lives to help us uncover where we find meaning, specifically in this past year. How do we define success? How do we decide which goals to pursue? More often than not, the answers appear after we define what really matters to each of us. Though we all have the same ingredients to work with (community, creativity, love, adventure, etc.), we each follow our own recipe.

## Reflecting on Meaning

1. What “ingredients” constitute a meaningful life for you?  
*Write these in the circle on the left.*
2. Looking back on 2014, what mattered to you in your daily existence?  
*Write these in the circle on the right.*
3. Are there elements that you can find in both?  
*Write the connective elements in the middle.*



# Actions

*“How we spend our days is, of course, how we spend our lives.”*

- Annie Dillard

Combining both awareness and where we finding meaning, we can tie it all together and begin to reflect on the actions we wish to incorporate into our daily lives.

## Ideal Week Exercise

Envision your ideal week. Make it as realistic as you can. (*ie.* eight hours a week with your family, going to a movie every Sunday, etc.) Are there things you don't do now? What can you add? What can you take away?

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

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*These three exercises are an excerpt from our recent Reflection Workshop. For upcoming classes and more info visit [holstee.com/events](http://holstee.com/events).*