

Meaning Audit

Do this alone. Fifteen minutes. No one else needs to see it.

1

Finish each sentence. Write the first thing, not the best thing.

2

Circle where you think that belief came from.

3

Read it all back at the end. Only then, mark it.

Growing up, I was taught that a meaningful life looks like...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

It is often suggested that success means...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

I sometimes feel my life will matter if...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

I worry my life will feel meaningless if...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

A life well-lived should include...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

Something I have never questioned about meaning is...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

A belief about success or purpose I may have inherited is...

CAME FROM · family · school · screens · culture · friends · faith · can't tell · I chose it

Now read all seven back, and mark them.

- ✓ one that is truly mine
- one that was handed to me
- ? one I am still unsure about
- one that is borrowed, and I keep it anyway

A meaningful life, for me right now, might include...

Notice the words for me and right now. Keep this page. Do it again in a year and compare.