



Make your own meaning

This 3-page worksheet is designed to help you uncover the true meaning behind one challenge you're currently facing in your life.

Before you begin

Think of a challenge you're currently facing. It may be personal, professional, spiritual, or emotional. Rather than avoiding the feelings that this challenge brings up, it's time to really embrace that qualia. Even if it makes you uncomfortable, channeling the negative energy right now is an important part of the process. Spend a few moments with that feeling before continuing on to Part 1.

Part 1: Name your challenge

Write down a challenge you're currently facing. Then, describe the meaning behind it—why is this a challenge for you? What is the story you're telling yourself? Next, write down what this challenge costs you. Why is this something you'd like to overcome? What is the risk of not facing this challenge?

Challenge	what it means...	what it costs...

Part 2: Evaluate its meaning

Think about the story you currently associate with your challenge. Is it the real reason you're struggling, or is there something deeper? Ask yourself:

Is this negative perspective the true meaning?

If yes...	If no...
How does perpetuating this story benefit me?	Continue to the next page



Part 3: Brainstorm alternatives

Now, think of some other stories you could tell about the challenge you're facing. What is another point of view? Ask yourself: What is the meaning my archetype would make of this challenge? What would I say about it on my 90th birthday? How would my inner child explain the meaning behind this challenge?

Challenge	what it means...	My rating
<i>New perspective</i>	<i>New meaning</i>	<i>My rating</i>
<i>New perspective</i>	<i>New meaning</i>	<i>My rating</i>
<i>New perspective</i>	<i>New meaning</i>	<i>My rating</i>
<i>New perspective</i>	<i>New meaning</i>	<i>My rating</i>

MEANING

Part 4: Try it on

Look at your list of alternative meanings. Spend a good amount of time reflecting on each one. You may choose to close your eyes and meditate after reading each meaning. Using your intuition, rate each meaning for resonance, 1 being "not at all" and 10 being "this totally reflects the true meaning".



Part 5: Choose a new meaning

Now, write down the meaning that really speaks to you. If none of the alternative meanings really hit the mark, you may want to combine a few. If nothing feels exactly right, choose one that's good enough for now.

The true meaning is...

Part 6: Action plan

Congratulations! You've uncovered the true meaning behind your challenge. But without an action plan, it's easy to slip into old stories and perspectives. How are you going to remember the true meaning each time you're confronted with your challenge? Write down a quick action plan.

My action plan