

## ACTIVITY: Life Crafting to Find Meaning and Mental Wellbeing

Do you feel you have a purpose in your life? Maybe you think you will never find one? How you answer this could influence your overall well-being.

Finding meaning in your life will likely make you feel more content and less stressed. On the other hand, if you lack meaning in your life, or your search for it is unsuccessful, you are more likely to feel stressed and anxious.

One evidenced way of finding meaning and a sense of purpose is a process called life crafting. Life crafting is a positive psychology technique that focuses on factors that support well-being instead of factors that cause disease.

### Try This!

- **Discover your values and passion** - Define your top values
- **Reflect on your current and desired competencies and habits** - Define what life habits would support your top values
- **Reflect on your present and future social life** - Consider where your values are aligned and misaligned in your life.
- **Reflect on your possible/ideal current or future career** - Consider how you can best live your values in your job.
- **Write about your ideal future** - What are your aspirational goals after reflecting on 1-4
- **Write down your specific goal attainment and "if-then" plans** - Choose one of your goals to focus on.
- **Make public commitments to the goals set** - Create accountability by sharing your one goal

Meaning in Life and its Relationship with Physical, Mental, and Cognitive Functioning: A Study of 1,042 Community-Dwelling Adults across the Lifespan

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7138140/>

Finding meaning in life could improve your health

<https://www.health.harvard.edu/mind-and-mood/finding-meaning-in-life-could-improve-your-health>

Life Crafting as a Way to Find Purpose and Meaning in Life

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02778/full>



# RESILIENCY

## Life Crafting to Find Meaning and Mental Wellbeing

### 1. Discovering values and passion

- Define your top values

### 2. Reflecting on current and desired competencies and habits

- Define what life habits would support your top values

### 3. Reflecting on present and future social life

- Consider where your values are aligned and misaligned in your life

### 4. Reflecting on a possible/ideal current or future career

- Consider how you can best live your values in your job
- Where will these values take you in your career?
- Are your values in conflict in your current role?

### 5. Writing about your ideal future

- What are your aspirational goals after reflecting on 1-4?

### 6. Writing down specific goal attainment and “if-then” plans

- Choose one of your goals to focus on

### 7. Making public commitments to the goals set

- Create accountability by sharing your one goal