

Meaning-Making and Spirituality

Reflection Exercise: “Threads of Meaning”

- 1. Map Your Milestones** — On a blank page, draw a horizontal line. Mark 3–5 significant life events above the line (positive) and below the line (challenging).
- 2. Identify Meaning** — For each event, answer:
 - *What meaning did I make at the time?*
 - *Has that meaning shifted over time?*
 - *How might a spiritual lens influence the meaning I hold now?*
- 3. Spot the Patterns** — Circle any themes or recurring beliefs.
- 4. Choose One Reframe** — Pick one challenging event and rewrite its meaning statement in a way that supports your current growth and resilience.

Optional Embodiment Anchor

Sit quietly for one minute and say to yourself: I am the author of the meaning I give my life. Feel into that sense of authorship in your body.