

A Meaningful Life Project: Checklist & Draft

Name: _____

Your first project in this course is to begin to identify and understand what gives your life meaning. The examples you choose to explore will be unique to you!

There are four major categories of ways that people find meaning:

1. _____
2. _____
3. _____
4. _____

You will choose **four** examples from your life - one from each category. You will probably find that there is some overlap! Your job is to get creative, stretch your thinking, and choose four **different** examples.

Checklist:

- Choose four different examples (one from each category).
- Write point form notes about each example in this booklet.
- Draw or photograph each example. (You may need to include a caption or description to help make your image understood.)
- Write a thoughtful paragraph about each example.
- Present your collection in a slideshow. (5 slides - we will set this up together!)

Class Brainstorm:

Category	
Example	
Notes: How is this meaningful to you? (Use these notes to write your thoughtful paragraphs later!)	

Category	
Example	
Notes: How is this meaningful to you? (Use these notes to write your thoughtful paragraphs later!)	

Category	
Example	
Notes: How is this meaningful to you? (Use these notes to write your thoughtful paragraphs later!)	

Category	
Example	
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