

IDEA sheet

Meaning

Listen to the inside and outside voices to find meaning- author of your life

Last time we found meaning by reflecting. This time we look to our internal and external voices to see where we might find clues to our meaning. We are the author of our life and seek inspiration from both our inner voice and messages coming from the outside. Follow the IDEAs below to help tune your mind to hear things that will help guide you to greater meaning.

1. Reflecting on my habits of reaction- I tend to always think or respond to:

- a.
- b.
- c.
- d.

2. When I react this way I am habitually feeling

3. This limits me from spending more time feeling

_____ +
 _____ +
 _____ +
 _____ .

4. I want to feel more of the feelings above. Therefore, I need to see the following differently:

- a. _____
 b. _____
 c. _____
 d. _____

5. When people talk to me or give me feedback I am usually:

- | | |
|-----------------------|------------------------|
| _____ defensive | _____ open-minded |
| _____ quick to react | _____ fearful of truth |
| _____ eager to change | _____ happy |
| _____ walk away angry | _____ stimulated |
| _____ reflective | _____ ask for more |

_____ I never want or get feedback, other people don't know my entire story

4. Looking at the above list I need to be more interested in other's feedback so that I might grow and change limiting thoughts or habits. These include:

a. _____

b. _____

c. _____

d. _____

5. Is there a pattern emerging or a theme beginning to emerge? Write your thoughts to help pull out more helpful insight for your inner self:

6. Is there a pattern or theme of what the outside voices are saying?

(example- you should cook/ write/ speak/ create_____ more often, you are so talented, you really sketch well, ever thought of sketching your family?)

7. The feedback, combined with the inner voices that empower me seem to be pointing me in the direction of:

_____.

8. I have so much to put on my “talent” and “want-to-do” list, now that I reflect (here are a few items):

- a. _____
- b. _____
- c. _____

9. The ACTION STEPS **I will take today** to gain a new habit(s) on this is:

I will----- _____
_____.

I will do this by _____(time/ date)

Signed _____

This feels good because

Additional Notes: