



MEANING FORWARD:

Noticing what matters—and carrying it forward



Meaning isn't something we have to find once and hold onto forever. It can show up in relationships, choices, creativity, ordinary moments, commitments, memories, or ways we respond to life when it doesn't go as planned.

Use the questions below to notice where meaning is already present in your life - and where you may want to create more space for it.

WHAT HAS SHAPED ME: What people, places, experiences, traditions, relationships, or communities have helped make you who you are? What do you want to remember, honor, or carry forward?

- 1.
- 2.
- 3.

WHAT I PUT INTO THE WORLD: Where do you express yourself, contribute, make, build, care, solve, teach, create, or leave something better than you found it?

- 1.
- 2.
- 3.

WHAT MAKES LIFE FEEL ALIVE: What people, places, experiences, sensations, activities, or ordinary moments make you feel connected to being alive?

- 1.
- 2.
- 3.

HOW I RESPOND TO WHAT IS: How I choose to meet circumstances I cannot change.

- 1.
- 2.
- 3.

Reflections:

- *When do you feel most aligned with what matters to you, even in small or ordinary moments?*
- *Where do the things that matter to you already show up in your relationships, roles, choices, or daily life?*
- *Are there interests, qualities, or parts of yourself you would like to make a little more room for - now or in the future? Is there anything holding you back?*
- *Can you think of a time when you faced circumstances you couldn't change and found a way to respond that felt meaningful or true to you?*
- *Looking across these areas, what stands out to you about where meaning is already present in your life—and where you might want to make more room for it?*

NOTE: This original reflection exercise is informed by existential and meaning-oriented approaches to cancer survivorship, including the work of Breitbart and Poppito (2014).