

The Search for Meaning

“You are never too old to set another goal or to dream”- C.S. Lewis

The following are some questions for on-going reflection if you are struggling for a sense of purpose and meaning in your life.

1. Since my loved one's death, I have found reason to go on because...

2. The things I have to look forward to are...

3. I recognize the following strengths in myself...

4. The biggest challenges I face are...

5. My loved one's death has changed the following priorities in my life...

6. The most important things I've learned are...

7. What helps me find meaning in my pain is...

8. What significance did my faith have prior to my loved one's death? What about now?

