Important, Meaningful Activities

Meaning in life is an essential part of psychological well-being, with significant implications for both mental and physical health. According to Clarke (1991), the meaning we attribute to our lives is derived in great part through meaningful activity. For this activity, within this week, we are going to practice meaningful activities! For each activity, write in detail about (1) what your activity was, (2) reflect on how it made you feel, and (3) what activity you are going to plan for that section next week.

Activities:

- 1. A pleasurable activity carried out alone (for example, reading or listening to music)
- 2. A pleasurable activity completed with others (for example, playing cards or meeting for lunch/dinner)

3	. A meaningful or important act (for example, visiting an old friend or help someone out in need)