



Begin Where You Are



Instructions: There can be a tendency to look at lofty dreams or faraway places for a sense of fulfillment. However, the shaping of a sense of meaning and purpose in life more often begins exactly where you are and involves taking steps to live more intentionally in your current context. While reflecting on this, fill in the table below.

Context/Role	What are you trying to achieve in this context or role? What is your “mission” in this context or role?	What is one action step you might take to move closer to your goals in this context or role?
Family (family member)		
School or Work (student or employee)		
Friendships (friend)		
Neighborhood or local community (neighbor)		
Nation/world (citizen)		
Other contexts or roles:		