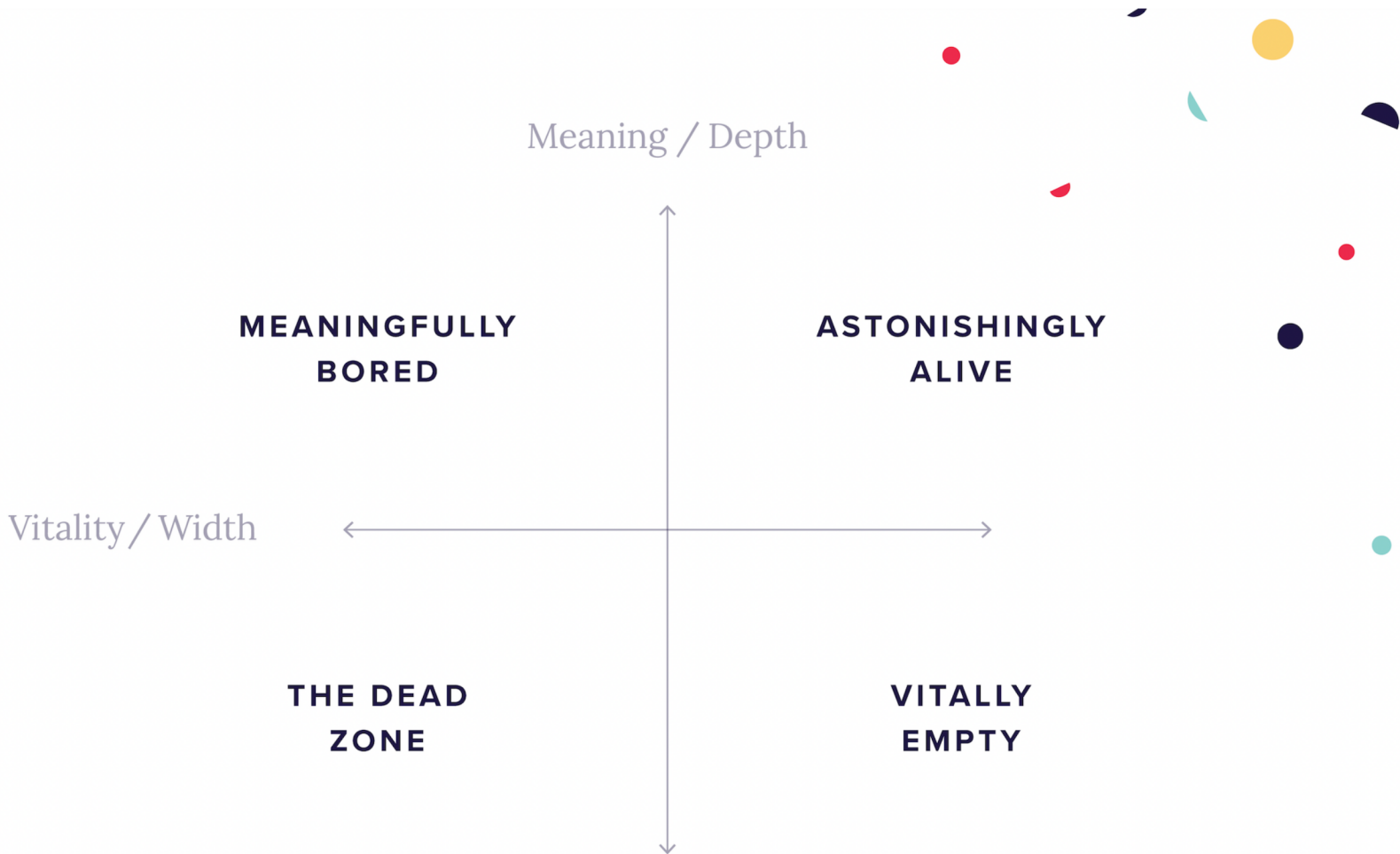


# Widening + Deepening Your Life with Vitality + Meaning

WELCOME TO THE WORKSHOP!

# THE Astonishingly Alive

WELL-BEING MODEL



*Plot where you are in your life today with a dot on the grid... and then plot where you want to be in six months with a star. How far are you from the star?*

# Widening your life with vitality

Vitality is officially defined as a positive sense of aliveness and energy.  
Some researchers call it our "health of spirit."

How are you currently experiencing vitality in your life? What makes you feel vitally alive today?

What are ways you can further widen your life with vitality? Brainstorm here...



# Deepening your life with meaning

“Meaning provides us with the sense that our lives matter, that they make sense, and that they are more than the sum of our seconds, days, and years” – Michael Steger

How are you currently making meaning in your life?  
What feels meaningful today?



What are ways you can further deepen your life with meaning? Brainstorm here...

