

Meaning Field Guide Workbook

A printable companion to StormIt's guide on finding meaning in life. Use it to audit what is underfed, choose one small experiment, and track what changes over one ordinary week.

Important: this workbook is not therapy, diagnosis, crisis care, or a substitute for a clinician. If you feel unsafe, might hurt yourself, or cannot get through the day, call your local emergency number now. In the U.S. call, text, or chat 988. In Canada call or text 9-8-8.

How to use this

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| ☐ Do the audit once. Do not overthink the score. |
| ☐ Pick one block under 3. Build there first. |
| ☐ Choose one seven-day experiment so small it feels almost too easy. |
| ☐ Review after one week: steadier, more connected, more alive, or no change? |

The rule of the week

Meaning grows better from a small repeated action than from a huge private revelation. Choose a practice you can do on a bad day.

1. Meaning Audit

Score each block from 1 to 5. The point is diagnosis, not self-judgment.

Block	Question	Score	First repair
Coherence	Can I tell a story that makes sense of how I got here?	1 2 3 4 5	Write one hard chapter with a before, during, and after.
Purpose	Do my days point toward something I chose?	1 2 3 4 5	Name one seasonal commitment and schedule one hour.
Significance	Would my absence leave a gap somewhere real?	1 2 3 4 5	Do one useful thing for one specific person.
Appreciation	Do I receive ordinary good moments when they happen?	1 2 3 4 5	Give one good thing thirty undistracted seconds.
Autonomy	Does my life reflect my values more than others' expectations?	1 2 3 4 5	Turn one inherited yes into a choice, boundary, or no.
Competence	Am I growing at something that matters to me?	1 2 3 4 5	Choose the next tiny skill rep.
Relatedness	Am I known, needed, or useful to someone?	1 2 3 4 5	Call, visit, help, ask, or show up.

Lowest block this week: _____

One tiny experiment I will run: _____

2. SPARK Weekly Planner

Use one row per week. Keep the action tiny enough that it survives real life.

SPARK stroke	What it feeds	This week's action
Story	Coherence	10-minute story page: what happened, what it means, what I am carrying forward.
Purpose	Purpose + autonomy	One task that serves a chosen commitment, not merely a pressure.
Appreciate	Appreciation	One ordinary good thing noticed for 30 seconds, with no phone.
Relate	Significance + relatedness	One move toward a person: help, call, ask, thank, visit, repair.
Keep going	Competence	One small skill rep that keeps me growing.

If-then plan

If it is Sunday evening, then I will write the story page.
If I feel useless, then I will make one useful move toward: _____.
If I miss a day, then I will restart with the smallest version, not punish myself.

3. Values And Contribution Map

What gives me energy?	Value underneath	Who benefits if I live it?

4. Seven-Day Practice Tracker

Track lived response, not perfection. A useful practice should make life steadier, clearer, or more connected.

Day	Practice done?	Mood 1-5	Connection 1-5	One note
1				
2				
3				
4				
5				
6				
7				

Review

What felt more meaningful this week?
What still felt empty or forced?
Which block should I feed next week?
Do I need support from a person, community, therapist, doctor, or crisis line?

5. Resource Hub

Resource	Use it for	Link
VIA Character Strengths	Name strengths you can turn into service, craft, or growth.	viacharacter.org
Greater Good in Action	Science-based practices for awe, gratitude, connection, compassion, and purpose.	ggia.berkeley.edu
Authentic Happiness	Questionnaires including meaning and PERMA measures.	authentichappiness.sas.upenn.edu
Day One or a notebook	Weekly story pages, appreciation notes, and seven-day tracking.	dayoneapp.com
988 Lifeline / 9-8-8 Canada	Immediate crisis support in the U.S. or Canada.	988lifeline.org / 988.ca

6. Meaning Story Prompt

Write 400 words on this question: What kept me going when life was not easy? Look for a source of meaning that was already there: a person, a duty, a craft, a place, a value, a promise, a beauty, a future self.

Opening line: The season I almost lost the thread was...
What helped: _____
What it taught me about meaning: _____
Who could use this story, even in a small way? _____

StormIt - Write your storm. Read someone else's.