Finding a purpose and developing a role

If you've been struggling just to survive in life, it might seem almost impossible to think about meaning and purpose. It might be too tough to imagine feeling purposeful! And yet, there may be something that you care about, or that you'd like to do if only you didn't feel so awful. There might be something that you've done in the past but given up on because you felt you couldn't cope. It can be really hard to think of things like that out of the blue, but it might help to ask yourself how important certain areas of your life are.

Look at the list overleaf. Which of these are *most* important or interesting to you? If you could do

something in any of these areas, would that seem valuable to you? Would it give you a sense of meaning? Are there glaring omissions that make you think, 'Why didn't they put that in?'

Rank these in ascending order, from least important to most important:

- [ ] Relationships: partner, children, parents, siblings, friends, etc.
- [ ] Work and career
- [ ] Education/training/personal growth
- [ ] Being creative
- [ ] Spirituality
- [ ] Connecting with nature
- [ ] Helping others
- [ ] Caring for the environment
- [ ] Healthy living
- [ ] Caring for animals

Now look at the things that you've scored highest in the list, and choose the one or two that are most important. Then think about what makes them important to you, and write them down opposite.

Most important areas

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What makes them interesting/valuable

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