**Self-Reflection Exercise No.1
© Paul T. P. Wong***“Man – a being in search of meaning.”* (Plato).

1. Where are you right now with respect to the search for meaning in life? Please choose an option.

(1a) Not searching, because I am existentially indifferent

(1b) Not searching, because I have found my answers
(2) In the early stage of searching
(3) In the middle stage of searching (running into difficulties & doubts)
(4) Have tentatively found my purpose in life
(5) Have found it and but still searching for specific guidance in implementing it

1. How successful are you in pursuing and implementing your purpose in life?

Unsuccessful 1 2 3 4 5 Very successful

1. How important is self-knowledge to your well-being & success?

Not at all 1 2 3 4 5 Very important

1. How well do you know your true self?

Not at all 1 2 3 4 5 Very well

1. How much do you accept yourself?

Not at all 1 2 3 4 5 Very much

1. How much do you want to improve yourself?

Not at all 1 2 3 4 5 Very much

1. Are you aware of anything about you that may hinder your progress?

Not at all 1 2 3 4 5 Very aware

1. How would you rate the presence of meaning & purpose in your life?

Not at all 1 2 3 4 5 Very much

What were you thinking of when you did the rating?

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1. How satisfied are you with your life?

Not at all 1 2 3 4 5 Very much

What were you thinking of when you did the rating?

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1. How satisfied are you with your relational life?

Not at all 1 2 3 4 5 Very much

1. How satisfied are you with your work life?

Not at all 1 2 3 4 5 Very much

**Lesson 1: Self-Discovery
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**Open-Ended Questions for Reflection and Group Discussion**

1. Have you ever experienced a meaningful moment? Can you describe it?
2. What is your recurrent good dream?
3. What is your recurrent bad dream?
4. What was your proudest moment in childhood? In adulthood?
5. What was your most painful moment in childhood? In adulthood?
6. If money were not an issue, what would you want to do with your life?
7. Is there anything that has always made you feel excited and passionate about pursuing?
8. What are you going to work on in the next week so that you will be more comfortable to be yourself?