having meaning in your life...

IS INFLUENCED BY YOUR WELLBEING

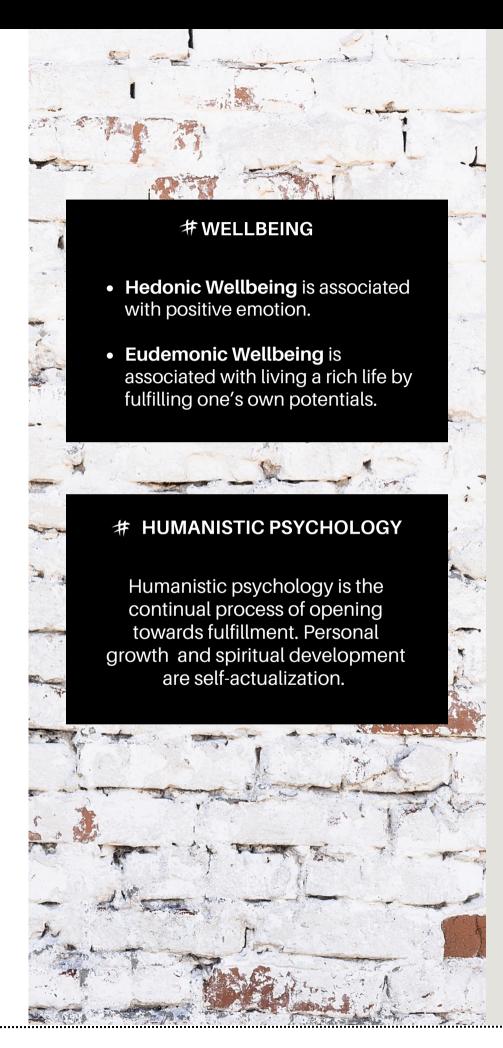


A variety of associations can be correlated with having **meaning** in our lives.

Research shows that experiences of meaning-making can be attributed to the topic of wellbeing through conscious growth development.

People experience wellbeing and mindfulness differently as meaning-making structures shift from concrete to flexible.

Reference: Consciousness: Ideas and Research For The Twenty First Century | Spring 2016 | Vol 1 | Issue 4. Havens, R., Combs, A. Growth and Happiness In The Human Personality



YOUR WELLBEING CAN SHIFT DURING LIFE TRANSITIONS AND AS YOU TRANSFORM.

As developmental levels increase to higher stages, freedom of choice and the ability to access and experience wellbeing and mindfulness in daily life improves, which is correlated with meaning

making.



A SELF-TRANSFORMING MIND

What makes me come alive and how can I best serve?

- A connection between altruistic thoughts and behaviors.
- Higher form of well-being and can come closer to living out true sense of purpose.
- Shift from goals and process structures to using one's own experiences (wisdom) to transform thinking.
- Belief structures aligned to true self, being present in the moment to experience wellbeing (less control).
- Conscious choice and flexibility with wellbeing experiences.



A SELF-AUTHORING MIND

- Able to see the emotions and behaviors of others impartially.
- · Objectivity and impartiality offers increased freedom and detachment.
- Satisfaction is associated with achievement experiences (has more control and choice vs. wellbeing).
- Wellbeing is not derived from agreement, but rather, spirited conversation.



A SOCIALIZED MIND

What do I want to do with my life?

- Orient towards social acceptance.
- Strong need to feel loved and accepted by personal groups.
- High focus on personal relationships.

AS YOU TRANSFORM,
MEANING-MAKING ALSO SHIFTS.