

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

WELLBEING

- **Hedonic Wellbeing** is associated with positive emotion.
- **Eudemonic Wellbeing** is associated with living a rich life by fulfilling one's own potentials.

HUMANISTIC PSYCHOLOGY

Humanistic psychology is the continual process of opening towards fulfillment. Personal growth and spiritual development are self-actualization.

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



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 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**.*



AS YOU TRANSFORM,
MEANING-MAKING ALSO SHIFTS.