WORKSHEET 115 · FOR THE PSYCHOLOGIST

What gives meaning, what I have achieved

Feeding meaning and the pride of moving forward

AIM

Work on the last two pillars of the PERMA model: connecting activities with something bigger than the person (meaning) and recognising achievements, including modest ones.

WHO IT IS FOR

Loss of meaning, burnout, retirement, transition, self-criticism, feeling of achieving nothing.

DURATION

20 min in session; one addition a week

HOW TO RUN IT

1. Explore what is bigger than the person: people, causes, passing things on, faith or nature, according to them.
2. Ask for a list of achievements, past and recent, without comparing them with other people's.
3. Connect the achievements with what is meaningful to them.
4. Choose a small, realistic goal linked to that meaning.

POINTS TO WATCH

> Meaning is personal: don't suggest a model (spiritual, professional, family). Positive psychology complements support, it doesn't replace it. With marked depression, these exercises can increase the sense of failure if offered too early or as an obligation to "be fine": adapt the pace and first validate the difficult emotions.

REFERENCES

Seligman, M. E. P. (2011). Flourish: A Visionary New Understanding of Happiness and Well-being. Free Press.

Sin, N. L. & Lyubomirsky, S. (2009). Enhancing well-being and alleviating depressive symptoms with positive psychology interventions: A practice-friendly meta-analysis. Journal of Clinical Psychology, 65(5), 467-487.

PSYCHOLOGIST'S NOTES

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WORKSHEET 115 · WORKSHEET TO HAND OUT

What gives meaning, what I have achieved

Meaning is feeling that you belong to something bigger than yourself (people, a cause, passing something on). Accomplishment is the pride of moving towards your goals. Both feed well-being, even in small steps.

1. What is bigger than me and matters to me (people, a cause, passing things on, nature, faith…).
2. Things I have achieved, big or small, in the past and recently.
3. What connects my achievements with what is meaningful to me.
4. A small, realistic goal for this month: _____

What I have achieved	When	What it says about me, or the meaning it has

What gives meaning to my life right now:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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