Resources of MEANING Cards Sort – Brief User Guide

Purpose	Meaning in life and work is not predetermined; rather, it is a deeply personal and evolving experience. Because meaning plays a key role in well-being, it is useful to help people identify what enables them to find meaning in their lives and work.
Background	The Resources of MEANING instrument draws on the 26 sources of meaning identified by Schnell (2009). These general sources of meaning are clarified here using definitions from the dictionary of the French Academy and grouped into six dimensions: transcendence, understanding, self-transcendence, impact, belonging, and everyday life.
Rationale	Resources of MEANING aims to support the career counseling process by helping participants to: • Identify guiding principles for life and work. • Analyze how compatible the options under consideration are with these sources of meaning. Sorting cards to explore these existential questions encourages dialogue, collaboration, and reflection rather than assessment.
Process	With reference to the 5As model of career counseling, Resources of MEANING is particularly relevant to two phases: • Activating the introspection: identifying the central themes that shape the participant's relationship with work and life. • Accompanying the action: setting short- and long-term goals that reflect these sources of meaning, thereby reducing the risk of procrastination.
Content	Resources of MEANING contains 26 cards, each describing a source of meaning in life and work.
Administration	1. Invite the participant to sort the cards according to how plausible each source seems as a potential source of meaning for them. 2. Sort the selected sources according to the area of life in which they are most likely to provide meaning (life in general or professional life). 3. Explore together how compatible the career options under consideration are with these sources of meaning, and formulate short- and medium-term goals informed by them.
Interpretation	The pictograms on the cards can help identify patterns among the factors: = transcendence; = understanding; = self-improvement; = impact; = belonging; = everyday life.
Further Reading	• Mapping career counseling interventions (Chapter 5.6). • Les 5As du conseil en orientation (Chapters 4.1 and 5.2).
References	Schnell T. (2009). The Sources of Meaning and Meaning in Life Questionnaire (SoMe): Relations to demographics and well-being. The *Journal of Positive Psychology 4*(6) 483–499.