Resources of Meaning

 ## Religion Adhering to religious beliefs or engaging in religious practices.	 ## Spirituality Feeling connected to a transcendent reality, to something greater than oneself.
 ## Social Commitment Actively contributing to society or to a cause that matters.	 ## Connection with Nature Feeling connected to Nature and all living things.
 ## Generativity / Transmission Sharing, giving, or passing something on to others.	 ## Self-Knowledge Understanding oneself and knowing what matters to oneself.
 ## Reason Putting rational thinking and common sense at the heart of everything.	 ## Knowledge Understanding the world and how it works.
 ## Morality / Ethics Acting in accordance with moral principles that are socially valued.	 ## Tradition Perpetuating ways of thinking and acting rooted in the wisdom of the past.

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 ## Personal Growth Growing, making progress, and evolving as a person.	 ## Achievement Reaching one's goals and seeing one's efforts pay off.
 ## Freedom Choosing and living one's life on one's own terms.	 ## Challenge Pushing oneself beyond one's limits and overcoming obstacles and difficulties.
 ## Creativity Imagining, creating, or inventing things.	 ## Individualism Affirming one's uniqueness and independence.
 ## Pragmatism Adapting one's approach to circumstances in order to achieve effective results.	 ## Power Being able to influence others and make things happen.
 ## Community Belonging to a group, building relationships, and being able to rely on others and be there for them.	 ## Love Giving and receiving affection and tenderness.

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 Consideration for Others Showing thoughtfulness and consideration towards others.	 Caring for Others Actively contributing to the well-being and comfort of others.
 Comfort Enjoying physical and material well-being.	 Fun Having fun, experiencing positive emotions, and enjoying oneself.
 Health Feeling well both physically and mentally.	 Harmony Contributing to harmonious relationships between people and a sense of balance among things.
NOT AT ALL	**A LITTLE**
A LOT	**PRIVATE**

PROFESSIONAL

Instructions

The cards represent common sources of meaning for individuals.

1. Sort each card according to the degree to which you consider it a source of meaning for you (not at all, a little, a lot).

2. From the cards in the “a little” and “a lot” piles, specify whether it is a source of meaning primarily for your private or professional life.

Cotation

 Transcendence

 Impact

 Understanding

 Belonging

 Self-improvement

 Everyday life

Resources of Meaning - Cards

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See Chapter 5.5

Based on the 26 sources of meaning identified by Schnell (2009) and the definitions from the dictionary of the French Academy.