

Closing with Personal Truths

Mental Health Mastermind

Notes

Meaning-Making

All of us want to make sense of our life experiences, so we assign meaning to nearly everything. The meanings you make combine to form your worldview and sense of who you are.

Some meanings are empowering, but others keep us stuck in our perceived limitations. Meanings that do not serve us can be changed, first with awareness and then through experimentation. Each time you try something new or test your assumptions, you are giving yourself room to make new, more constructive meanings.

You've already done this! As you worked through this mastermind and took steps toward the goals you set at the beginning, you paved the way for new meanings in your life.

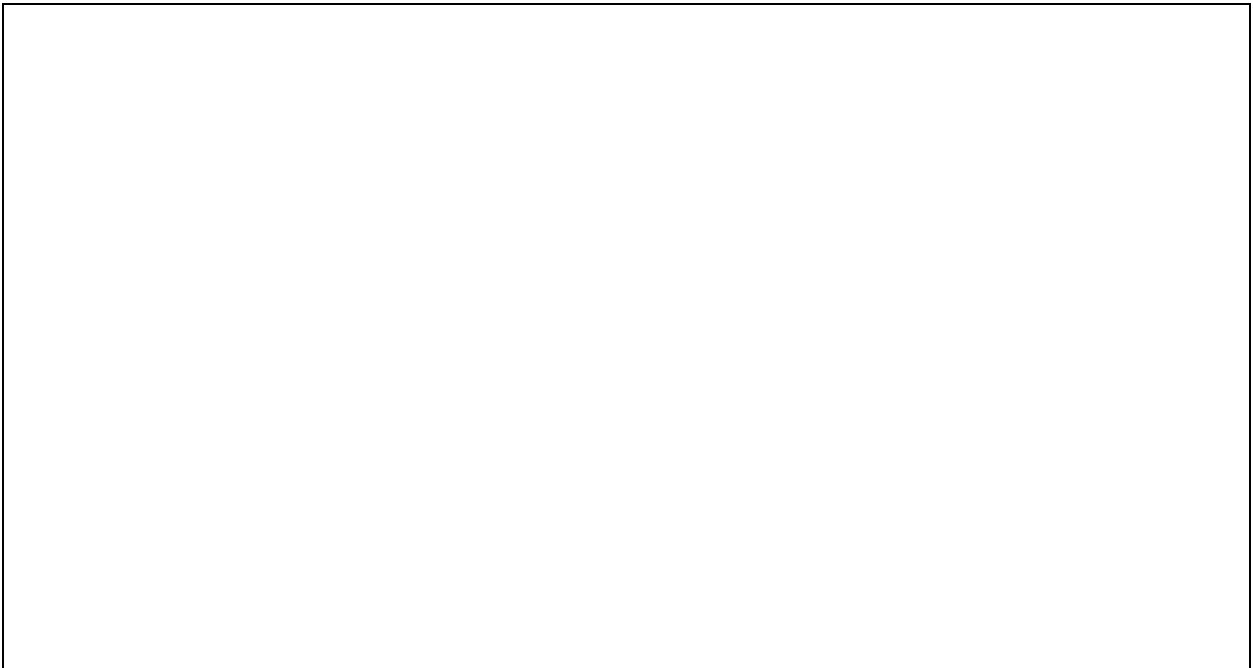
Work

What beliefs have you challenged or even changed going through this mastermind?

What new meanings have you found in your experiences?

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Knowing what you know today, what advice do you wish you could give to the you who signed up for this mastermind?

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Now, imagine yourself 8 weeks from now, 3 months from now, and beyond. What advice does that person have for you today?

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Finally, name 3-5 personal truths you've uncovered during this mastermind.
