



Meaning Maker.org

- Meaning Maker Periodic Personal Evaluation Edition provides a structure for making the most of your life.

**Your personal tool for a
“Value Added” experience.**

- Organize your thoughts and cultivate purpose every time you feel insecure or in need of direction. Great for self-gratification, friendly competition, climbing out of holes, checking in with your inner child, break ups, traumas, and life crises of all sorts and intensities.
- For best results carry Meaning Maker with you. Complete often.
- It is important to record your experiences while they are fresh in your neural pathways and stimulating your nerve endings.
- Over time, Meaning Maker Periodic Personal Evaluation Edition will provide you with a cohesive understanding of who you are, where you have been, and where you could go.
- Meaning Maker Periodic Personal Evaluation Edition is good for reality checks, building self esteem, future planning, suicide management, therapy sessions, revealing delusions, cultivating denial, and developing clear vision.
- Meaning Maker for a value added experience.
- Meaning Maker for a value added existence.

Meaning Maker comes in a variety of experiences.

**Download and print Meaning Makers
for all of your personal & social needs.**

**Log onto meaningmaker.org
to share your Meaning Maker experience.**

Daily Attitude & Well Being:

- I am alive!
- I am lonely
- I hate
- I am angry
- I value myself
- I am creative
- everything is difficult
- everyone loves me
- no one loves me
- I am tormented
- I feel invigorated
- I am always on edge
- I am intelligent
- I am passive aggressive
- my therapy is working
- I hear voices telling me to do things
- my days are dominated by my eating disorder
- Meaning Maker has changed my life forever
- I can do better
- I feel dirty
- I am a lover
- I feel attractive
- I value others
- I need therapy
- I am depressed
- I wake up singing
- I need more sex
- I grind my teeth
- I have nightmares
- I feel insignificant
- other people use me
- life is a game, I like to play
- I am concerned that I am stuck
- I never think about this
- I have everything I need
- I feel constantly behind
- I like to torture animals
- I need a personal trainer
- I'd like to start all over again

My Self-esteem:

- needs caffeine
- I need to win
- I am superior
- I desire recognition
- the self doesn't exist
- I wish I were different
- I lack social skills and awareness
- I project my own attitudes and feelings onto others
- I am in denial about my delusions
- I dismiss other peoples' successes
- I am envious of others' achievements
- I feel good about my interactions with others
- I compare myself with others
- I'd rather not get attention
- I feel good about myself
- I'm OK with being average
- I can't do anything right
- I compete to feel important

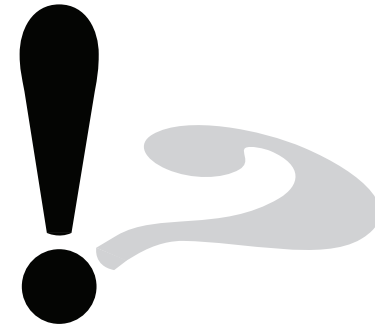
General Knowledge:

- the world confuses me
- I already know it all
- learning is my life
- I am satisfied with my intellect
- I stopped learning after _____
- knowledge is overrated
- I know enough to get by
- the world demands too much

Goals & Aspirations:

- I don't have any
- are too much work
- I will be famous
- they are faith based
- I don't play sports
- I will be rich
- to have no regrets
- I find comfort in not having any
- I pretend to have them to impress others
- I sacrifice others in pursuit of my own objectives
- my goals seem unachievable
- I have reached my peak
- my goals are materialistic
- my checklist is going well
- they are in the service of others
- my focus is on family not myself
- I love inventing new possibilities

www.meaningmaker.org



Meaning Maker.org

Periodic Personal Evaluation Edition

Instructions:

Complete periodically. File for future reference.

Occasion _____

Mood _____

Employment Status _____

Relationship Status _____

Date _____

This is Art.

HEALTH & FITNESS *(my physical presence)*

I am conscious of and in control of my:

	weak	1	2	3	4	5	strong
food consumption	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
physical exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
chronic problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
personal hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
addictions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
sexual needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
wardrobe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
hair & nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
waistline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
stress management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
neuroses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
temperament	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
hormones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
mental stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
aging process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

When I look in the mirror I:

- need a guru
- hate myself
- see a god/goddess
- need a pep talk
- am in denial
- feel embarrassed
- feel good about myself
- wonder what happened
- see a sex machine
- ask, who is that person?
- see my mother/father
- see an unmarried person
- curse my parents
- wink and say 'I love you'
- am in deep admiration
- imagine Elvis next to me
- see a person alone
- marvel at the aging process
- feel compelled to purge
- want to call my therapist
- I avoid mirrors
- see only imperfections

Ways I take care of my health:

- meditation
- plenty of sleep
- regular vacations
- chocolate
- steroids
- acupuncture
- yoga/pilates
- gardening
- anti-depressants
- prayer
- organic foods
- balanced living
- pole dancing
- chiropractor
- I laugh often
- therapy
- herbal teas
- anti-bacterials
- red wine
- sex
- weekly massage
- vegan diet
- balanced diet
- nasal douching
- party!
- extreme sports
- regular physicals
- aroma therapy
- oxygen bar
- I lead a simple life
- air baths
- astrology
- colonic irrigations
- attitude adjustments
- social time with friends
- I don't drink alcohol
- minimal pharmaceutical use
- alternative medicine
- stress reduction techniques
- loving relationships
- I don't listen to the news
- I avoid confrontation
- I separate work from home
- I try to do no harm
- regular dental check-ups
- spend time in nature
- avoid abusive relationships
- fresh fruits & vegetables
- follow a daily exercise routine
- electroshock treatment
- I do nothing, I have great genes
- occasional indulgence of whims and desires

SOCIAL LIFE *(interpersonal skills & social awareness)*

Relationships:

- I make people laugh
- I'm good at conflict resolution
- I often blunder
- my family is my world
- I have many friends
- I only have acquaintances
- I don't like people
- I spend my free time alone
- my cellphone rules
- I open doors for people
- it's all about me
- I am in my own world
- people avoid me
- I know everyone's name
- my cat is my therapist
- few people interest me
- I zone out with others
- I am the center of attention
- I dominate
- I easily break the ice
- I embarrass easily
- I wear my heart on my sleeve
- I talk too much about personal things
- people don't seem interested in what I have to say
- I need a drink to relax with people
- I get quiet when others dominate
- I think most people are self-obsessed, in denial, or delusional

Honesty & Ethics

- I say what I mean
- honesty has degrees
- I never cheat or lie
- I've earned my privilege
- I deserve an award
- lying is OK if no one gets hurt
- I despise white lies
- it's all about the bottom line
- I make an effort
- I only steal software and music
- I check my intentions
- I purchase fair trade
- I never shoplift
- I avoid causing suffering
- I accept denial as a coping mechanism
- it's sometimes best to remain silent
- my tax forms have always been accurate

Public Behavior:

- I behave as expected
- I expect more of others
- I am self-conscious
- others expect more of me
- I am mutable
- integrity is important to me
- money talks
- I am obsessive-compulsive
- I deserve attention
- I laugh when people fart
- I perform my role
- I'd rather talk than listen
- I never litter
- is controlled by my partner
- I am kind to everyone
- I stare at peoples' irregularities
- I like to wear costumes
- it's good I don't own a gun
- I am very loud
- I encourage sexual harassment
- I am a non-conformist
- I rarely have my act together
- I am agoraphobic
- my table manners need work
- I am always at my best
- I am Miss Manners in disguise
- I brake for pedestrians
- I am just like my mother/father
- I like to whistle
- I hide my frustration
- I talk to myself
- my behavior rarely concerns me
- I don't use my cellphone in public spaces
- I remain level headed under stress
- I am a calm, courteous and safe driver
- my public and private selves clash

SPIRITUAL LIFE *(religion, beliefs, interconnectedness)*

My spiritual practice:

- is enlightening
- is missing
- involves 12 steps
- is wanting
- involves a cult
- is on a to-do list
- is euphoric
- is a facade
- is new age
- is infrequent
- is corrupt
- may not be real
- is a mockery
- is private
- is contradictory
- is traditional
- involves ritual
- involves pain
- is about silence
- is out-of-doors
- is part of my life
- gives me purpose
- is a Republican value
- helps me to function
- takes place at Burning Man
- is the key to heaven
- is how I meet potential mates
- opens doors for me
- makes me feel like I belong
- helps me to cope
- I was lost but now am found
- questions everything
- has been co-opted by politics
- doesn't ask questions
- requires submission
- involves my body
- will get people to vote for me
- involves being creative
- is dependent on an organization
- is my art practice
- is against the wishes of my family

SELF-ACTUALIZATION *(the way I feel about my life)*

My Environment:

- I live in a mansion
- provides peace and quiet
- is barely hospitable
- I have a wonderful home
- forces me to adapt
- is this the best I can do?
- needs a maid
- breeds mice/cockroaches
- was furnished on credit
- is controlled by others
- I live with my parents
- I need Martha Stewart now!
- I am homeless
- is just like Martha Stewart's
- seems temporary
- I like my living situation
- needs love and care
- my roommates drive me nuts
- is cozy like me
- why would I think about this
- is hazardous
- my home is my sanctuary
- I am surrounded by caring people
- I'd rather live in _____
- my dream home is _____

My Job:

- is a job
- rules my life
- is a career path
- is stable
- lacks integrity
- keeps changing
- is not my first choice
- is being a lifetime student
- is what I trained for
- is better than I dreamed
- makes me insane
- sacrifices my values
- makes me feel good
- is what my parents wanted
- I need to get fired
- satisfies my creative self
- requires zero brains
- provides me with friends
- gives me respect
- feeds my family not my soul
- benefits humanity
- I have a government job
- I prefer unemployment
- I have never been employed
- is a result of 50K in students loans
- the money makes up for dissatisfaction