



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.
- 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 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

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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