



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](http://meaningmaker.org)  
to share your Meaning Maker experience.

**Daily Attitude & Well Being:**

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

**My Self-esteem:**

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

**General Knowledge:**

- |   |   |
|---|---|
| <input type="checkbox"/> the world confuses me            | <input type="checkbox"/> knowledge is overrated     |
| <input type="checkbox"/> I already know it all            | <input type="checkbox"/> I know enough to get by    |
| <input type="checkbox"/> learning is my life              | <input type="checkbox"/> the world demands too much |
| <input type="checkbox"/> I am satisfied with my intellect |   |
| <input type="checkbox"/> I stopped learning after _____   |   |

**Goals & Aspirations:**

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

[www.meaningmaker.org](http://www.meaningmaker.org)



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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"/>						
physical exercise	<input type="checkbox"/>						
chronic problems	<input type="checkbox"/>						
personal hygiene	<input type="checkbox"/>						
addictions	<input type="checkbox"/>						
sexual needs	<input type="checkbox"/>						
wardrobe	<input type="checkbox"/>						
hair & nails	<input type="checkbox"/>						
waistline	<input type="checkbox"/>						
stress management	<input type="checkbox"/>						
neuroses	<input type="checkbox"/>						
temperament	<input type="checkbox"/>						
hormones	<input type="checkbox"/>						
mental stability	<input type="checkbox"/>						
aging process	<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