

## Meaning Maker.org

 Meaning Maker <u>Periodic Personal Evaluation</u> 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 <u>Periodic Personal</u> <u>Evaluation</u> Edition will provide you with a cohesive understanding of who you are, where you have been, and where you could go.
- Meaning Maker <u>Periodic Personal Evaluation</u> 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.

I am alive!   I can do better   I am depressed   I am lonely   I feel dirty   I wake up singing   I hate   I am a lover   I need more sex   I am angry   I feel attractive   I grind my teeth   I value myself   I value others   I have nightmares   I am creative   I reed therapy   I feel insignificant   everything is difficult   other people use me   everyone loves me   life is a game, I like to play   no one loves me   life is a game, I like to play   no one loves me   life is a game, I like to play   no one loves me   life is a game, I like to play   life   invigorated   I am concerned that I am stuck   I am tormented   I never think about this   I feel invigorated   I have everything I need   I heve everything I	Daily	y Attitude & Well Bei	ng:		
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☐ the self doesn't exist ☐ I can't do anything right ☐ I wish I were different ☐ I compete to feel important ☐ 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  General Knowledge: ☐ the world confuses me ☐ I already know it all ☐ I knowledge is overrated ☐ I already know it all ☐ I knowledge is overrated ☐ I am satisfied with my intellect ☐ I stopped learning after ☐ The world demands too much ☐ I am satisfied with my intellect ☐ I stopped learning after ☐ The world demands too much ☐ I am satisfied with my intellect ☐ I stopped learning after ☐ The world demands too much ☐ I have reached my peak ☐ I don't play sports ☐ I have in the service of others ☐ The world demands too much ☐ I have reached my peak ☐ I ha		I desire recognition		I'm OK	with being average
☐ 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  General Knowledge: ☐ the world confuses me ☐ I already know it all ☐ learning is my life ☐ the world demands too much ☐ I am satisfied with my intellect ☐ I stopped learning after ☐ 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		the self doesn't exist			
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☐ I find comfort in not having any☐ I pretend to have them to impress others					
☐ I pretend to have them to impress others					.origing non possibilities
					ners
☐ I sacrifice others in pursuit of my own objectives					

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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.

<b>HEALTH &amp; FITNESS</b> (my physical presence)	<b>SOCIAL LIFE</b> (interpersonal skills & social awareness)	SPIRITUAL LIFE (religion, beliefs, interconnectedness)
I am conscious of and in control of my:	Relationships:	My spiritual practice:
weak 1 2 3 4 5 strong food consumption physical exercise chronic problems personal hygiene addictions sexual needs wardrobe hair & nails waistline stress management neuroses temperament hormones mental stability aging process  weak 1 2 3 4 5 strong	☐ I make people laugh ☐ I often blunder ☐ I have many friends ☐ I don't like people ☐ it's all about me ☐ people avoid me ☐ I zone out with others ☐ I deminate ☐ I embarrass easily ☐ I war my heart on my sleeve ☐ I get quiet when others dominate ☐ I get quiet when others dominate ☐ I often blunder ☐ my family is my world ☐ my family is my world ☐ I spend my free time alone ☐ I open doors for people ☐ I spend my free time alone ☐ I am in my own world ☐ I know everyone's name ☐ I am the center of attention ☐ 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	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 a facade is new age is corrupt involves real is a mockery is private is contradictory is traditional involves ritual involves pain is about silence is a Republican value is a Republican value is takes place at Burning Man is the key to heaven opens doors for me involves makes me feel like I belong involves my body involves a cult involves 12 steps involves 22
When I look in the mirror I:	☐ I think most people are self-obsessed, in denial, or delusional	involves being creative is dependent on an organization
□ 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	Honesty & Ethics  I say what I mean I never cheat or lie I deserve an award I despise white lies I make an effort I check my intentions I never shoplift I accept denial as a coping mechanism I t's sometimes best to remain silent my tax forms have always been accurate  Public Behavior: I behave as expected I am self conscious I am mutable money talks I deserve attention I sperform my role I say what I mean honesty has degrees I 've earned my privilege lit's earned my privilege lit's all about the bottom line I touly steal software and music I touly steal s	□ 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 □ is barely hospitable □ forces me to adapt □ needs a maid □ was furnished on credit □ I live with my parents □ I live with my parents □ I am homeless □ seems temporary □ needs love and care □ is cozy like me □ is hazardous □ I am surrounded by caring people □ I'd rather live in □ my dream home is □ sagainst the wishes of my family (the way I feel about my life)  □ I have a wonderful home □ is this the best I can do? □ is controlled by others □ I need Martha Stewart now! □ is just like Martha Stewart's □ I like my living situation □ my roommates drive me nuts □ why would I think about this □ my home is my sanctuary □ I am surrounded by caring people
□ 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	☐ I never litter ☐ is controlled by my partner ☐ I am kind to everyone ☐ I stare at peoples' irregularities ☐ 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 ☐ 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 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	My Job:  □ is a job □ rules my life □ is a career path □ is stable □ lacks integrity □ keeps changing □ is not my first choice □ is what I trained for □ is beting 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