

# HOW TO MAKE YOUR LIFE MORE MEANINGFUL

by Dr Margaretha Montagu  
of *Esprit Meraki Retreats*



Bonus: Dr Montagu's Make Your Life More Meaningful Guided Meditation 

## MEANINGFUL MATTERS

Start by reflecting on what matters most to you. What are you passionate about? What do you value? Your values are the principles that guide your decisions and actions. Once you have a clear understanding of your values, you can use them as a guide for making decisions that align with your beliefs. When you align your life with what most matters to you, your life will be more meaningful.



## SET MEANINGFUL GOALS

Setting achievable goals can give your life direction. Think about what you want to accomplish in different areas of your life, such as career, relationships, personal growth, health, and finances. You can use my wellness wheel to make it easier. Break down your goals into smaller, achievable steps and work towards them consistently.



## EXPRESS GRATITUDE

Gratitude involves acknowledging the good in your life and feeling thankful for it. Cultivate a habit of gratitude by regularly reflecting on what you are grateful for. This can help shift your focus from what you lack to what you have and have in abundance. It can significantly increase your sense of well-being.



## CULTIVATE MEANINGFUL RELATIONSHIPS

Surround yourself with people who support and encourage you. Meaningful relationships can provide an important sense of belonging. Invest time and energy in nurturing relationships with family, friends, and colleagues. Consider joining a community or volunteering for a cause you care about.



## APPRECIATE AND CARE FOR YOURSELF

Taking care of your physical, psychological, and spiritual health is crucial if you want to live a meaningful, impactful and fulfilling life. Make time for activities that nourish your body, mind and soul, such as eating healthily, exercising regularly, spending time with friends and family.



## MAKE A MEANINGFUL IMPACT

Helping others can be a powerful way to find fulfillment. Look for opportunities to volunteer, donate to a cause you care about, or simply support those around you. Volunteering or contributing to a cause you believe in can help you make a positive impact in the world.



Grab a notebook and write a couple of words, as bullet points, in response to each suggestion. Or fill in the worksheet below. Stick your list to your mirror and make your life more meaningful day by day.



[Click here to access your bonus: Dr Montagu's Make Your Life More Meaningful Guided Meditation](#) 

If you want to make your life more meaningful, it helps a lot to know what your life's purpose is. I created my counter-intuitive 2-hour online retreat [Choose Your Life's Purpose](#), because I had difficulty defining my own. This tool makes it much easier to determine your purpose in life.

[MargarethaMontagu.com](http://MargarethaMontagu.com)

# HOW TO MAKE YOUR LIFE MORE MEANINGFUL WORKSHEET



by Dr Margaretha Montagu

of *Esprit Meraki Retreats*

## MEANINGFUL MATTERS

What matters most to you? .....

What are you passionate about? Helping others, in my case.  
.....

What do you value? I value kindness above all else.  
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How can you use your values as a guide for making decisions? - I ask myself, am I being kind when I make this decision?  
.....



## SET MEANINGFUL GOALS

Setting achievable goals can give your life direction. I help others by leading online and onsite retreats. My goal is to be the best retreat leader I can be. Think about what you want to accomplish in different areas of your life, such as career, relationships, personal growth, health, and finances. You can use my [wellness wheel](#) to make it easier.



## EXPRESS GRATITUDE

Gratitude involves acknowledging the good in your life. Cultivate a habit of gratitude by regularly reflecting on what you are grateful for. I do it twice a day by listing 5 people I am grateful to have in my life. Could you name 5 people you are grateful for right now?  
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## CULTIVATE MEANINGFUL RELATIONSHIPS

Surround yourself with people who support and encourage you. Invest time and energy in nurturing relationships with family, friends, and colleagues. It takes me quite a bit of time to do that every day, but the rewards are enormous.

Which supportive relationships do you need to nurture?  
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How will you do that?  
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## TAKE CARE OF YOURSELF

Taking care of your physical, psychological, and spiritual health is crucial if you want to live a meaningful life. Make time for activities that nourish your body, mind and soul, such as eating healthily, exercising regularly, and spending time with friends and family. How can you care better for yourself?  
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## MAKE A MEANINGFUL IMPACT

Helping others can be a powerful way to find fulfillment. Look for opportunities to volunteer, donate to a cause you care about, or simply support those around you. Volunteering or contributing to a cause you believe in can help you make a positive impact in the world. How can you help others?  
.....  
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If you want to make your life more meaningful, you need to know what your life's purpose is. The counterintuitive online retreat [Choose Your Life's Purpose](#), created by Dr Margaretha Montagu, makes it easy to determine your purpose in life.

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