



Finding meaning in challenging situations

Challenging situations can be, well just that, challenging - but they can also bring new meaning and value to our lives. That's not to say that in encountering a tough situation you have to immediately search for this meaning. Not at all. But if you feel you are in a space where you're wanting to explore a new perspective on a challenging situation the prompts below may be helpful.

What have I noticed in myself?

What have I learnt from this experience? How have I grown?

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Have any new/old values surfaced?

Have any values been solidified through this experience?

Has my connection with others deepened through this experience? And if so, with who?

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