Describe any Meaningful Moments you have experienced either today or last week.

Meaningful moments are defined by any of the following characteristics:

- **It is deeply felt** – It touches your emotions in a deep and lasting way. More than a fleeting feeling, it reaches your innermost being.
- **It is deeply processed** – It involves deeper layers of meaning beyond the factual and superficial.
- **It is enlightening** – It provides a solution to some puzzling problems or leads to some new discovery.
- **It is transforming** – It enriches your life, changes your life’s direction or restores a sense of purpose and passion to your life.