## **Meaningful Moments Measure (MMM)**

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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.