

Personal Growth Plan Template

Exploring the Four Fundamental Motivations

This reflection template is inspired by the Four Fundamental Motivations of Existential Analysis, developed by Viktor Frankl and Alfred Längle. These guiding questions invite you to explore your relationship with the world, your values, your authenticity, and your sense of meaning.

FM1 – Space, Protection, and Support

Do I have the necessary space, protection, and support in the world?

FM2 – Fulfilment and Values

Do I experience fulfillment, affection, and appreciation of values?

Explore the Meaningful Paths framework:
<https://www.meaningfulpaths.com/our-framework/>

Continuing Your Reflection

FM3 – Authenticity

Do I relate authentically to myself and others?

FM4 – Meaning and Purpose

Do I engage in what is meaningful and purposeful?

Write your reflections in your own journal as you explore these questions.

www.meaningfulpaths.com