





# Mountain Journal

## Reflecting on Meaning, Values, and Purpose

Use this journal to reflect on the Four Fundamental Motivations of Existential Analysis. These questions invite you to explore your relationship with the world, your values, your authenticity, and your sense of meaning.



This journal accompanies the Meaningful Paths **Path Search** and can be used to deepen reflection on the insights, activities, and questions you encounter along your journey.

 Reflect on your current experience through the lens of the Four Fundamental Motivations. 



### FM1 – Space, Protection, and Support

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



### FM2 – Fulfilment and Values

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



### FM3 – Authenticity and Self-Worth

Do I relate authentically to myself and others?



### FM4 – Meaning and Purpose

Do I engage in what is meaningful and purposeful?



### Activity Notes

Insights, reflections, observations, actions, or *Path Search* discoveries.



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Helping people find meaning, purpose, and direction through life's challenges.