Please take five minutes to fill out this sheet, and then take five minutes to discuss your answers with your partner. Adapted from *Man’s Search for Meaning*, 2006, Dr. Victor E. Frankl, Beacon Press.

- Name one activity, accomplishment or service you have provided that gives your life meaning.

- Describe a time love gave you a sense of purpose.

- Identify a period of suffering that deeply challenged you or your relationship. Did you learn anything from the suffering itself that you can identify?