M. Dezelic, W. Breitbart, & G. Ghanoum © 2014

R.E.A.C.H.

Beyond the Limitations

-Sources of Meaning in Life-

RESPONSIBILITY SOURCES

Response-ability
To self/others
Education to Awareness
Self-Discovery
Choice
Freedom
Before Illness/ After Diagnosis

EXPERIENTIAL SOURCES

Encountering life through relationships with others, nature, the arts, culture/ religion, beauty, and hobbies

ATTITUDINAL SOURCES

The stance taken toward life through one's attitude in limiting circumstances and situations, and in the face of illness

CREATIVE SOURCES

Innate gifts and talents offered to others through one's work, endeavors, deeds done, goals achieved, and creative pursuits

HISTORICAL SOURCES

Legacy Project
Mountain Range Exercise
"Past"- Legacy given
"Present"- Legacy lived
"Future" - Legacy will give

Discovering Meaning Opportunities:

- Freedom of Will
- Will to Meaning
- Meaning in Life
- Meaning in the Moment
- Ultimate Meaning
- Defiant Power of the Human Spirit
- Self-Transcendence
- Growth & Possibilities

Facing life's challenges by turning Tragedy into Triumph!

REACH into each **SOURCE** of meaningful opportunities, and **Dare** to live beyond the limitations.