

*Dr Gemma Leigh Roberts*

# **CREATING MICRO- MOMENTS OF MEANING**

STEP-BY-STEP  
COACHING GUIDE

Finding meaning in life can improve wellbeing by providing a sense of purpose, motivation, and direction. Focusing on meaning when facing adversity can also help you build resilience and find hope in difficult situations.

A simple and effective method to build meaning into your life can be to focus on micro-moments of meaning, which are brief, powerful moments when you experience important emotions or strong feelings that promote wellbeing, joy, and resilience.

Consider a quick cuddle with a toddler when you're in a rush to get somewhere, a chat with a vulnerable neighbour as you're putting the bins out, someone expressing gratitude to you, a fun moment with a pet, running into a friend you haven't seen in a while. These moments can all be meaningful and so easily overlooked and forgotten.

Use the guide on the next page to support your reflection and discover micro-moments of meaning.

### **Step 1: Consider small moments that meant something to you today**

These can be simple activities such as supporting someone who needs your help, going above and beyond for someone, chatting with someone you care about, appreciating a thank-you, or creating something important to you.

### **Step 2: Reflect on these meaningful micro-moments and notice how they make you feel**

If this process evokes positive emotions, you might be motivated to add more meaning to your life.

### **Step 3: Consider how you might build more of these moments into your life**

Some meaningful experiences, such as a kind message from someone or a chance interaction, will be unexpected. But you may be able to create meaning in some ways. For example, imagine a moment of meaning was a creative activity you took part in; there could perhaps be ways you can do more of this over the next week.

### **Step 4: Reflect on themes that are emerging for you**

Are there specific activities that create meaning for you? Are there particular people that create meaning for you? Or, in fact, the opposite - people that drain meaning from your life? Or activities that threaten your sense of meaning? Use this information to help you decide how you will spend your time in the future and with who you will spend your time with.

The beauty of this exercise is that you're not looking for big, life-changing experiences that don't occur every day. Everyone can find meaningful micro-moments in their day; it just takes some practise to notice them.

Meaningful micro-moments I experienced today	How these moments made me feel
How I can build more micro-moments of meaning into my life	Micro-moment themes I'm noticing