

My Meaning & Vision Worksheet

A reflective guide for your altruistic journey

AltruismAllies Series · Volume 1 · © 2026 RelaxingOne.com

Name (or preferred name):

Date:

This worksheet is for your eyes only — share only what feels right for you.

SECTION 01

What Matters Most to Me

Values · Core Compass

Values aren't rules — they're the quiet compass that guides you when the path feels unclear. Below are some common values. Circle or check the ones that resonate, and add your own in the spaces provided. There are no right or wrong answers here.

| | | | | |
|------------|----------------|--------------|-----------|-----------|
| Creativity | Integrity | Family | Community | Belonging |
| Courage | Simplicity | Spirituality | Healing | Equity |
| Freedom | Authenticity | Empathy | Hope | Kindness |
| Generosity | Sustainability | Curiosity | Gratitude | Peace |

My own values:

Of these, my top 3 values feel most like me because they show up in my life when...

SECTION 02

How My Altruistic Journey Began

Origin Story · My Starting Point

Every journey has a beginning — even if it's quiet, unexpected, or still unfolding. You don't need a dramatic story. This is simply yours.

1. A moment (big or small) when I first felt moved to help or give back...

2. A person, experience, or idea that planted a seed in me...

3. What I was searching for — or running toward — when I started this path...

SECTION 03

What Lights Me Up

Meaning · Energy · Purpose

Meaning isn't always grand or obvious. Sometimes it lives in small moments — a conversation, a quiet act of care, a problem you couldn't stop thinking about. Take a moment to notice what truly energizes you.

| | |
|---|---|
| When I help others, I feel most alive when... | The cause or issue I keep coming back to is... |
| I feel most useful when I am... | If I'm honest, what drains me in my current efforts is... <i>(and that's OK to notice)</i> |

★ My Meaning Map ★

| | | |
|-------------------|-------------------|----------------------|
| What I Love Doing | ★ My Sweet Spot ★ | What the World Needs |
| | What I'm Good At | |

SECTION 04

Where I Want to Go Next

Future Vision · Dream Big

Vision isn't a destination — it's a direction. This section is an invitation to dream without judgment. Let yourself imagine what could be, even if it feels far away.

1. In 1 year, I hope my altruistic work looks like...

2. In 5 years, I dream of...

3. A letter to my future self

“Dear future me, by the time you read this, I hope...”

SECTION 05

My Next Best Steps

Action Steps · Brave Small Moves

Small, consistent actions compound into extraordinary change. Choose 1–3 steps that feel genuinely doable — not because they're impressive, but because they're yours.

● **Action Step 1**

What I'll do:

By when:

Who or what will support me:

I give myself permission to adjust this as I grow.

● **Action Step 2**

What I'll do:

By when:

Who or what will support me:

I give myself permission to adjust this as I grow.

● **Action Step 3**

What I'll do:

By when:

Who or what will support me:

I give myself permission to adjust this as I grow.

"I commit to showing up — imperfectly, bravely, and with compassion for myself — because..."

SECTION 06

A Gentle Closing Thought

You Showed Up Today

You showed up today. That matters. Altruism isn't about perfection — it's about presence, persistence, and the small everyday choices that add up to something extraordinary. Come back to this worksheet whenever you need a compass check.

You are not alone on this path.

One word that describes how I feel right now:

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