

What Fills My Treasure Chest

MEANING MAKING NO.5

This exercise will help you gain clarity on your life priorities, how you spend your energy, and where you should spend your energy and focus.

Take a moment and visualize a treasure chest. Consider the materials it is made of, how simply or ornately it is decorated, how big or small it is in size. This treasure chest symbolizes your life and the components which make it what it is and give it meaning. Now, open the chest. It is filled with gems and rocks. Visualize the gems - their sizes, colors, and shapes. Visualize the rocks - their sizes, colors, and shapes. Consider that your life is this treasure chest and it is made up of varying amounts of gems and rocks. Gems represent the positives in your life - the experiences that bring you joy, meaning, and a sense of purpose. Bigger gems represent those experiences that bring the most joy, meaning, and purpose. Smaller gems still provide these benefits but at a lesser degree. Rocks on the other hand represent experiences that take up energy and space in our lives, and get in the way of us experiencing those benefits. Bigger rocks take up more energy and create bigger barriers to those gains, and small rocks less energy but still serving as barriers.

Without judgment and self-editing, answer for yourself the following questions:

When I first opened the chest, what did I see?

When I first opened the chest, how did I feel?

Why did I feel this way?

What is my chest mostly filled with - big gems, little gems, big rocks, or little rocks?

What experiences do the big gems represent?

What experiences do the small gems represent?

Do the sizes of my gems accurately reflect my preferred experiences?

Are there small gems that I would like to make into big gems?

What's one small action I can take to make that happen?

What experiences do the big rocks represent?

What experiences do the small rocks represent?

What can I do to change big rocks into small rocks, or even better, into gems?

How would I feel after I made those changes?

What's one small action that I can take today to make that change?

Take your time completing this exercise. Listen to your your inner self and if you need to step away and then revisit your responses for further reflection then do so. The more you are able to get clarity on your gems and rocks, the more you will be able to set intentions that will be meaningful to you and that will move you closer to the authentic life that you strive to experience.

