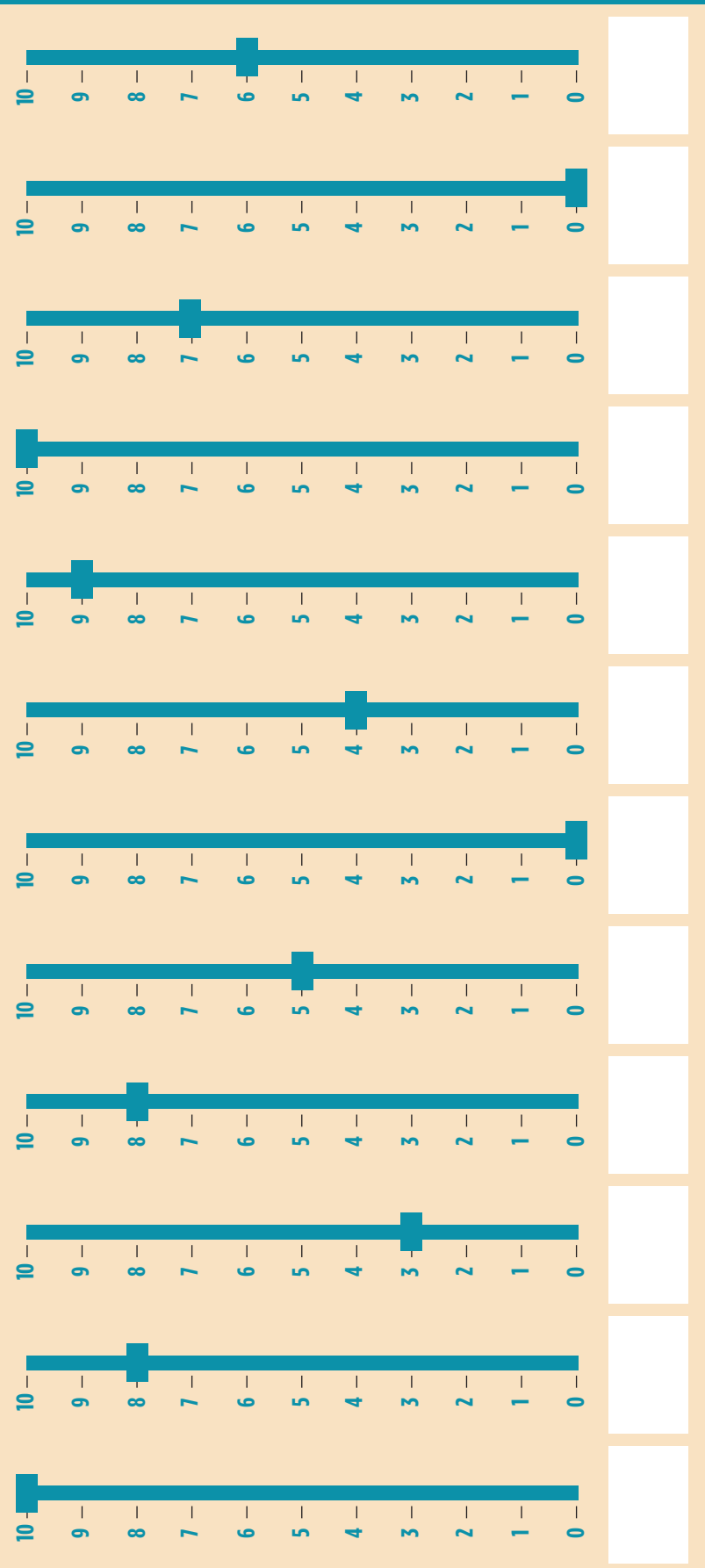


RESOURCE 2.4

Mixing desk: what's your worldview?

When it comes to finding meaning in the world and your own life, which of the ideas below are more or less important to you? Select 12 ideas from the list and write one in each of the grey boxes on the mixing desk below, matching each idea with the level of importance for you (10 = most important, 0 = least important).



Being present in the moment	Music
Reincarnation	Connectedness
Animals	Art
Equality	Partying
Afterlife	Nothing
Community	Harmony
Literature	Comfort
Fellowship	Spirituality
Food	Prayer
Freedom	Karma
	A higher power/God
	Patience
	Reason
	Mystery
	Effort
	Nature
	Truth
	Fitness
	Love
	Pleasure
	Beauty
	Achievement
	Justice
	Wealth
	Honesty
	Worship
	Health
	Anger
	Romance
	Happiness
	Absurdity
	The Unknown
	Adventure
	Progress
	Doctrine
	Destiny
	Family
	Positive thinking
	Safety
	Resilience
	Human achievement
	Friendship
	Ambition
	Self-improvement
	Mindfulness
	Science

RESOURCE 2.4

Mixing desk: what's your worldview?

Would you say that you are

- religious?
- non-religious?
- spiritual but not religious?
- something else?

Please say something about your top three mixing desk ideas: how far do they help you find meaning in life?

This research is about worldviews. People say that everybody has a worldview. There are lots of ways of describing a worldview, but here is the one we are using:

'Worldview' describes the way in which a person encounters, interprets, understands and engages with the world.

How would you describe your worldview?

Name:

Age:

Gender:

Thank you for taking the time to answer this survey.