

St Joseph's PROS Program Curriculum

Course Title: Moving from Misery to Meaning

Frequency and Duration: 1x/week x 60 minutes

Component and Service: CRS- CLE

Course Overview/ Description: The overarching goal of this group is to assist consumers to engage in active exploration of activities and experience to discover meaning in one's life. This class is designed with many activities for consumers to try and evaluate. One example is the creation of a PROS Community garden during the Spring and Summer months.

Goals: Consumers will move into the action stage of change

Expected outcomes: Consumers will state increased quality of life and satisfaction as measured on the quality of life survey.

Modules

- 1.) Introduction to Meaning and purpose/ Assessment of current quality of life**
- 2.) Planning and organization of experiences to enhance meaning**
- 3.) Experience A- The PROS Community Garden**
- 4.) The PROS Community Garden**
- 5.) The PROS Community Garden**
 - a. The PROS Community Garden**
- 6.) Experience B – Discovering What Lies Within**
- 7.) Discovering What Lies Within**
- 8.) Experience C - Finding Ways to Give Back**
- 9.) Exploring and Giving Back to our community**
- 10.) Exploring and Giving back to our community.**
- 11.) Class evaluations & Wrap - up**

Course Title: Moving From Misery to Meaning
Module [1]: Introduction to Meaning and Purpose

I. Introduction and Explanation of Goals for this Module:

“Today we will begin to build a foundation to assist each of you to move towards more meaning and satisfaction in your life Based upon your values”

II. Learning Objectives and Expected Outcomes:

At the conclusion of this class, participants shall:

1. Understand the terms “meaning” and “purpose”
2. Identify personal values
3. Identify meaningful activities that are consistent with one’s values

III. Engagement: “Key Points”

“You’ve got to serve somebody”-Bob Dylan

- To live a valued life is to act in the service of what **you** value
- At this moment you have all the tools you need to make meaningful and inspiring life **choices** for yourself. This does not necessarily mean you have all the skills and / or resources.
- In this class we will start by identifying what **you** value through an assessment process.
- As a group, we will plan and participate in activities that provide opportunities to act upon those values.
- The word “values” comes from a Latin root meaning “worthy and strong”. It carries a connotation of actually using what is important and strong.
- Values define not only what we want to pursue from day to day but what we want our lives to be about.
- What’s at stake here is the difference between thriving and just existing.

- Values can be categorized into the following domains:
 1. Marriage/couple/intimate relations
 2. Parenting
 3. Family relations (other than intimate and parenting)
 4. Friendship/social relations
 5. Career/employment/volunteering
 6. Education/training/personal growth and development
 7. Recreation and leisure
 8. Spirituality
 9. Citizenship
 10. Healthy/physical well-being

- One of the keys you will discover through this experience is that increased satisfaction and contentment with life comes when your actions are consistent with your values. This is often referred to as “A Life Worth Living”

Activity (1): Explanation of class description

Activity (2): Complete questions #6, 7, 8, 12, 13 & 16 of Quality of Life Assessment.

Activity (3): Completion of “Valued Living Assessment” and assist with scoring.

Homework:

Based upon identified domains where discrepancy exists on the “Valued Living Assessment” have participants generate a list of possible activities that would assist them behaving more consistently with their values. Instruct them to use the class description sheet to document their findings and bring to next class.

IV. Summary/Closure:

“Now that we have explored and identified your values, we will use this information during the next session to plan and organize experiences that will provide meaning to your life”.

Complete similarly for all subsequent classes. Contact St. Joseph’s PROS for questions.

