

Finding Meaning in Life for Human Flourishing and Wellbeing: A Mixed-Method Research Exploring the Benefits, Possibilities and Challenges Of the “On Our Journey” Cards

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Abstract

The ‘‘On Our Journey’’ Cards are an innovative resource and an accompaniment to live a happy life, helping individuals to identify, express and regulate their feelings, reflect, make healthy choices, validate their values/principles, and calibrate their life compass. The resource presents a process map where one can find meaning in one’s own actions and life, developing positive mental health which may not only change one’s life but create positive energy that will spread to people who play together with the ‘‘On Our Journey’’ cards, creating a sense of wellbeing and peace. The cards were developed by the Happy Life (Relationships are Forever Foundation) in Malta, together with a team of professionals, including lecturers, spiritual leaders, and counsellors. The cards are used in different settings like educational, residential and therapy for both prevention and intervention. In educational settings, the cards are being used with teenagers, adolescents, and adults. Through a mixed method research that includes the use of questionnaires and focus group, the paper explores the use of the Journey Cards, their possibilities, and their challenges. Through a set of questionnaires answered by participants who attended a three-day workshop training on the use of the ‘‘On Our Journey’’ Cards, and a focus group with these participants, five main themes emerged. These were: the generation of a positive experience, the management of the self and human flourishing, the search for meaning in life and spirituality, positive mental health, wellbeing, and present-moment awareness. Results show that it is important that one knows how to use the cards and one is aware that the first reaction to the cards may be challenging. It was clear that with the knowledge of how the cards are used, as well as the allowance of ample time to believe in the effectiveness of the cards, the experience of the use of the cards can lead to enhanced human flourishing, spirituality, self-awareness and meaning in life. The paper is an opportunity for other educators and professionals to explore the implementation of these ‘‘On Our Journey’’ Cards for their personal use and in their work context.

Keywords: happiness; self-awareness; education; present-moment awareness, reflection