

GABRIEL CONTE  
WITH MARK DAGOSTINO

# A Mission for Meaning



The Choices That Lead to the Life You Really Want

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

*A Mission for Meaning*  
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## THREE

# The Choice Is Ours

### Reflect

- What kind of community and environment (school, work, church, etc.) are you a part of right now? Do you enjoy it? Are you growing as a person because of this community? Does your community support you and lift you up and encourage you?
- Are you surrounded by people whose lives you want to emulate? Do those people want the best for you? If not, what steps can you take to change that?
- If the change is a complete change of environment but you're too young to make the change yourself, what can you ask of your parents or other influential adults in your life to support you in the change you're looking for?

## FOUR

# Second Chances

### Reflect

- Do you have a vision or goals for a relationship or your life as a whole? If you've never given it a lot of thought, take a minute and think of the person you'd like to become one day. Are you working toward that vision? Or are you working against it?
- What habits are you developing that will help you reach your goals and overall vision?
- What habits might be hurting you in that mission? And how can you change them?
- Do you have people who will hold you accountable and help you live up to your own long-term goals, despite the temptations that come in the short term? If not, what can you do to change that?



## FIVE

# The Existence of Aliens

### Reflect

- Have you taken the time to develop a personal perspective or worldview on what you truly believe about the world you live in? And about the God you may or may not believe in? Or have you simply accepted what you've heard?
- Are you willing to have your beliefs questioned, putting yourself in conversations with others who have different views than your own?
- Have you reflected on your beliefs enough to know how to confidently communicate them when an opportunity presents itself?

## SIX

# A Family History Lesson

### Reflect

- What do you know about your own family history?
- Have you explored your past by talking to your parents and grandparents (if they're still around) to learn more about where some of your innate strengths and challenges in life might come from?
- What does your multigenerational story look like up until this point in time?
- How can your family history inspire you to set a stronger vision and aim for something higher or better during the next chapters of this multigenerational story you're now living?
- What can you do to develop new skills that align with your unique talents and interests (or not)?

- Even if you hated typical education (spoken like a true homeschooler, right?), have you ever thought about learning something new simply because it's something you're interested in? Not something that's dictated by parents or a school administration, but dictated by *you*?
- What do you find entertaining? Is it something you could do yourself? Have you ever tried? Even if it's not something you want to do for a living, doing something as a hobby can bring joy and richness to your life, so why not try?

And I'll say it again because I think it's so important: If you're not choosing the kind of life you want, then how can you expect to get it? Ask yourself, "What are my goals?" Not just for work but for your *life*. I really want you to think about these and write them down. Then take a step toward making those goals happen. It's a cliché, but every journey starts with a single step.

## SEVEN

# Meeting Her

### Reflect

- Has anything “negative” in your life led to something positive? If so, does that make the negative thing more positive than you originally thought?
- Even if you can’t see the outcome as a positive, can you see how going through the negative situation might have helped you in some way, or maybe even put you on a different path in life? A path to something *better*?
- What if *every* negative experience carried a purpose? Would knowing that make life’s twists and turns a little easier and less scary to manage?

## EIGHT

# Oceans Apart

### Reflect

- Have you ever opened your heart to someone, maybe told them you loved them? Was it at all premature? Maybe it was one sided?
- If you've had a relationship where you weren't on the same page, what issues could you intentionally address up front in future relationships that would help you avoid the same scenario?
- Do you trust your partner? Have you been honest with them? Have they been honest with you?
- What could you do right now to help put your partner at ease (or a friend at ease, or a boss or business partner, or a family member, or anyone else with whom you'd like to improve your relationship)?
- What simple actions can you take to let the important people in your life know they're a priority to you?

## NINE

# Fighting Together

### Reflect

- Have you thought about how you fight and resolve conflict? With your spouse, with your parents, with your coworkers? What practical conflict resolution strategies could you learn so you don't hurt the other person, or yourself, when you disagree about something or when you have something heavy you need to verbalize?
- Do you have a community to help you when times are tough?
- Are you open about your emotions?
- Are you there for friends to support them through problems they face?
- How can you intentionally be a better friend? A better listener? A better partner?



## TEN

# Burnout

### Reflect

- Do you give yourself mental health checks or emotional check-ins?
- Are you experiencing any symptoms of burnout or depression? If so, who can you talk to?
- Never forget that, in addition to family and friends, you can always speak to a therapist, doctor, pastor, or other professional to get the help you need. You might even be surprised to learn how many people you know have been through the same thing. And seeking help and guidance will not only make you stronger but also equip you to make a positive impact on the community and world around you.

## ELEVEN

# Intentionality

### Reflect

- What are your most important values?
- What are your boundaries?
- What views on morality do you share with your spouse or partner or friends? Are there differences between you and your partner's core beliefs and values? If so, how can you work through them?
- What little habits can you implement daily to help you achieve the bigger mission and vision you have for yourself, your relationship, and your family?
- How can you stay connected to people who will encourage, inspire, and motivate you to achieve that vision?