



## Belonging, Meaning, Well-being, and Purpose (BMWP)

**Belonging, Meaning, Well-being, and Purpose (BMWP) are principles that allow youth to thrive.** Here are questions that help students think about themselves, what they want, and their future. They all help bring BMWP into the conversation. You can ask a question after a specific activity (i.e. workplace tour, team building challenge), while waiting in line, or during a meal. They are just to spark thoughts and conversation. This is not intended to be an interrogation - no need to ask all the questions! Use the ones that work best for you and your role.

The research-based BMWP framework and principles are critical to overall mental health and well-being for Montana's young people. We believe that youth outcomes will improve when we center BMWP in the pathways, narratives, systems, policies, and interventions for youth and young adults.

### Definitions and elements of BMWP:

**BELONGING** Social belonging refers to the feeling that you matter to the group and that you are valued for who you are and what you bring (Nunn, 2021). Structural belonging refers to "having a meaningful voice and opportunity to participate in the design of political, social and cultural structures that shape one's life" (Othering and Belong Institute, n.d.).

**Elements of belonging:** opportunity, youth-led, decision making, feedback, narrative shift, co-creation, mentoring, representation, outreach, check-ins, barrier removal

**MEANING MAKING** Refers to the ways in which people make sense of themselves, others and social situations (Walton & Wilson, 2018). Meaning making happens in the "aha" moments of our lives. We develop meaning through reflection, debriefing, and critically thinking about how we interact with the world and how we see ourselves.

**Elements of Meaning Making:** active reflection, therapy, commitment through action, cultural connection, prompting new meanings, mentoring, rites of passage

**WELLBEING** The absence of intergenerational trauma (Fresh Tracks Wellbeing Project, n.d.). Wellbeing is achieved when "adolescents have the support, confidence, and resources to thrive in contexts of secure and healthy relationships, realizing their full potential and rights" (Ross, et al., 2020).

**Elements of Wellbeing:** financial and economic; social, cultural, & community connectedness; health & well-being; learning & education; healthy families & communities; safe & just communities; youth voice & civic engagement; immigrant justice; environmental justice; agency & resilience; race & ethnic equity

**PURPOSE** Refers to one's desire and intention to achieve something that is significant to one's life and of consequence to the world in which one lives (Damon, Menon, & Bronk, 2003).

**Elements of Purpose:** purpose exploration, purpose awareness, purpose commitment, purpose affirmation

Thank you to the Aspen Institute Forum for Community Solutions for developing and sharing this framework. Go to [aspencommunitysolutions.org/opportunity-youth-forum/](https://aspencommunitysolutions.org/opportunity-youth-forum/) for more information.

## BMWP Questions

### After an experience:

What surprised you? **M P**

What would you like to learn more about? **M P**

How do you want to remember this day? **M P**

How will you benefit from [fill in the blank with an idea, workplace tour, experience]? **W P**

How will those around you and the world benefit from [fill in the blank with an idea, workplace tour, experience]? **W P**

Did this activity change the way you think about anything? **M**

Did this activity spark any ideas or inspiration for the future? **M P**

What aspect of this experience made you feel most connected to others? **B**

How could you apply lessons learned today into your life? **M P**

Did you work collaboratively with others during the activity? If so, what was that experience like? **B W**

How do you think this activity relates to your interests or goals? **P**

### After a challenging activity:

What were the obstacles (literally and figuratively) in that activity? **M W**

What did you rely on as you navigated the obstacles? **M W**

How does that relate to your life? **M**

What do you do when a class assignment becomes difficult? **W**

Is there any way that you would like to change the way you navigate challenges in life or at work? **M**

### Check-in questions:

What are five things you'd like to do before you are 30 years old? **W P**

What's the thing you most want to do or achieve before you die? **P**

Who is your hero? What qualities make them your choice? **M P**

What is one thing you think is important for your future? **M W P**

What is one memory that instantly makes you smile? **B W**

What inspires you the most? **P**

What's the one thing you can't live without? **W**

What are you grateful for in life? **W**

<b>B</b>	Belonging
<b>M</b>	Meaning
<b>W</b>	Well-being
<b>P</b>	Purpose

## BMWP Questions - Check-in questions (cont.)

What is the most beautiful thing in the world? Why? **W**

Who are the people that matter most to you? **B W**

If you could learn about anything, what topic would you want to learn about and why? **W**

If you had more time in your schedule, what would you like to do with it? **W P**

What world/community challenges would you want to solve? **P**

What would you do if you knew you could not possibly fail? **W P**

Describe a time you felt successful. **W P**

What is your favorite part of the school day? **W**

Tell me about a time you felt proud of something you accomplished at school in the last few months. **M W P**

Given your work so far, what do you feel best about? **W P**

What's one thing you'd like your classmates to know about you? **B M**

What is one thing about you that is important for people to know? **B M**

How would you describe yourself? **M W**

What would other people say are your strengths? **M W P**

Let's say I put together a team of students to build a space station. I need people who could design the spacecraft, build it, decorate the inside with art, install computers and fly space shuttles to the space station. Which one would you want? Why? **W P**

What are some favorite things you like to do with other people? **B W**

Tell me a moment when you did something kind for others. **B M W P**

Think about how you speak with, write, and listen to others. Which of those is your strength? **B W**

What might you learn from working with people who are different from you? **B W**

How can you find joy in your life even when things might be difficult, or boring? **W**

What's something that overwhelms you? **W** What do you do when that happens? **W**

What is the biggest challenge that you've overcome in life? **M W**

Could you tell me about a time this year when you had a big problem you had to solve by yourself?

What steps did you use to find a solution? What resources did you use? **M W**

If you were a teacher for a day, what would you teach the students in your class? **P**

If you woke up tomorrow and were an adult, what career would you like to have? **P**

If you could be a new kind of superhero, what superhero power would you have? **M P**

**B** Belonging

**M** Meaning

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## BMWP Questions - Check-in questions (cont.)

Imagine you could have a conversation with any animal. What animal would you like to have a conversation with? What questions would you ask? **W**

If you woke up one day and were a scientist, what would you invent? **W P**

What's the most interesting place you've ever visited, and what did you like about it? **W**

How do you plan to continue growing and evolving as a person? **M W**

What values guide your actions in life? **B M W P**

What's something you're really good at or passionate about? **W P**

Tell me about something you have created, built, or invented recently. **W P**

What are some of your hobbies? **W**

What is something you really enjoy doing, something you almost lose track of time when you do it? **W**

Describe something you love learning about. What makes learning about [idea] fun? **W**

What goals or achievements do you hope to accomplish in the next year? **P**

Think about going to school and having a career. Are they the same thing or different, and if so, how? **M W P**

What does success mean to you when it comes to a career? **B M W P**

What do you want your lifestyle to be like after high school? **W**

How do you think you will use what you are learning in school when you become an adult? **W P**

What are you currently doing that is helping you prepare for your life after high school? **M W P**

What are you not doing that you think would help? **M W P**

What adults might help you think about or reach your future career goals? **B W**

If you were interviewing for a job today and an employer asked you to describe everything you know about technology in one minute or less, what would you say? **W**

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