

The Fulfillment in Life Model Depicting the Cognitive-Evaluative Component

Criteria for fulfillment	Sources of fulfillment		
	Self	Life	Impact/Legacy
Wholeness Sense of wholeness and completeness	(A) <i>Realized Uniqueness:</i> Fulfillment from having been able to become more fully oneself	(B) <i>A Life Live Fully:</i> Fulfillment from realizing life goals and having lived life consciously	(C) <i>The Making of a Positive Difference:</i> Fulfillment from having been able to make positive contribution and to leave something of value
Fit Sense of congruence and alignment	(D) <i>Authentic Pursuits:</i> Fulfillment from having had the courage to be true to oneself	(E) <i>A Life True to Oneself:</i> Fulfillment from having led a life that felt right	(F) <i>A Contribution Reflecting the Self:</i> Fulfillment from having been able to combine own values, talents, and interests while making a positive contribution
Value Sense of meaningfulness, significance, worthwhileness	(G) <i>Worthwhile Involvements:</i> Fulfillment from having used one's resources and potentialities sensibly	(H) <i>A Life that was Worthwhile:</i> Fulfillment from perceiving one's life as worthwhile and meaningful	(I) <i>A Life that Mattered to Others:</i> Fulfillment from a sense that one's life mattered and made a positive difference to others

Rows represent criteria for fulfillment, columns represent sources of fulfillment, and the cells represent the major content of the nine cognitive facets of a fulfilled life.

[Note. This table is adapted from Baumann & Ruch \(2022\).](#)