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Life-Crafting

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Life-crafting can be defined as a holistic, continuous process of proactively creating meaning by intentionally balancing demands and resources and altering cognitive, environmental, interest, relational, skill, and task aspects to promote growth and wellbeing. Specifically, this holistic approach indicates that those individuals who actively engage in life-crafting employ seven strategies: cognitive crafting, environmental crafting, interest crafting, relational crafting, resources-demands crafting, skill crafting, and task crafting.

Van Zyl, L. E., Custers, N. C., Dik, B. J., Van der Vaart, L., & Klibert, J. (2023). The Holistic Life-Crafting Model: a systematic literature review of meaning-making behaviors. *Frontiers in psychology*, *14*, 1271188.