

### **BIRTHDAY SPEECHES**

Imagine your 80<sup>th</sup> birthday (or 21<sup>st</sup> or 50<sup>th</sup> etc). 3 people make speeches about you: what you stand for, what you mean to them. Imagine them saying whatever you most want to hear.

### **WEALTH**

You win the lottery/ inherit a fortune. Then what would you do with it? Who would you share it with? Whatever you do or buy – who would be there to do these activities or appreciate these things? How would you act towards those people?

### **LIFE & DEATH**

Imagine your own funeral: imagine what you would like to hear people say about you. Write your eulogy or obituary. Fill in a blank tombstone. Imagine you somehow know you only have 24 hours to live, but you can't tell anyone: who would you visit, and what would you do?

### **CHARACTER STRENGTHS**

What personal strengths and qualities do you already have? Which ones would you like to develop? How would you like to apply them?

### **IF ... THEN ...**

If you achieved that goal, then what would you do? How would your life be different as a result? How would you change? What would you do differently from there onwards?

# Clarifying Values

### **MAGIC WAND**

I wave this magic wand and you have the total approval of everyone – no matter what you do, they love, respect and admire you – whether you become a policeman or a serial killer. What would you then do with your life?

### **WHAT MATTERS**

What do you really want, deep down inside? What matters to you, in the big picture? What do you want to stand for? What do you want to do with your brief time on this planet?

### **CURRENT ACTIVITY**

Is there anything in your life right now that gives you a sense of meaning, purpose, vitality? Anything you do that feels like you're using your time on this planet in a way that matters?

### **FORMS & WORKSHEETS**

Valued Living Questionnaire  
Bull's Eye  
Life Compass

### **CHILDHOOD DREAMS**

As a child, what sort of life did you imagine for the future?

### **LIKES**

What do you like to do?

### **ROLE MODELS**

Who do you look up to? Who inspires you? What personal strengths or qualities do they have that you admire?