

VALUES: A LIFE WELL-LIVED

This week we put your values into practical terms, and learn how to use them as a driving force for change throughout your life (in big and small ways).

There is some intense heart-work to be done as we focus on legacy, but there is also a lot of joy here too. It's where you get to decide what a life well-lived looks like for you, and from there, so much else can change.

After watching the video, work through the questions and exercises that follow.

PART 1: REFLECTION



- What are the core values I established in Week 1? (If you're still unsure, list those that have come closest)

- How comfortable do I feel with these values?

- Which of these values do I feel most in alignment with right now? Why?

- Which of these values do I feel least in alignment with right now? Why?

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PART 2: IMAGINATION

You have a choice between penning a brief eulogy or writing a letter from future-you to current-you. Choose which one speaks more directly to you and that feels right. Whichever you choose is the right option.

WRITE YOUR EULOGY

- Use the following pages to mindmap your answer to a series of questions, designed to help you consider the question of what you want your legacy to be. Remember to leave your judgement and censorship at the door. This is an opportunity to be honest about the kind of life you want to live.
 - Once you've completed the mindmaps, look over your responses and highlight any patterns or threads throughout your answers.
 - Take some time to imagine who might deliver your eulogy. Picture the people, the room, the energy and the details, and use this image to fuel the words you use.
 - Combine this image and the highlighted parts of your mindmaps and try writing a few sentences of your eulogy (even dot points are fine!)
 - Remember:
 - It doesn't need to be poetry - write from the heart
 - This is not a legally-binding contract - you can and will change over time
 - You can write multiple versions and see which feels right over the coming weeks
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WRITE YOUR EULOGY



*What do I want my life
to stand for?*

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*When I look back over my life,
what do I want to see?*

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*When I look back over my life,
what do I want to feel?*

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WRITE YOUR EULOGY

*What impact do I want to have
on others?*

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MY EULOGY

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PART 2: IMAGINATION

WRITE YOURSELF A LETTER

- Think ahead to old age - one where you've:
 - lived a life you're proud of
 - had an impact on your communities
 - lived according to your values as well as you could
 - Take some time to picture:
 - who you will be
 - the energy you bring to a room
 - how you make people feel
 - what others may say about you
 - how you feel about your contribution to the world
 - Then, channeling this future-you, write present-you a letter, explaining:
 - what your life has been like
 - the people you loved and the ways you've loved them
 - the ways in which you showed up for your values over the years
 - the adventures and challenges you've had
 - your personal mantra
 - why the hard choices you're making will be worthwhile
 - why a life well-lived is a life worth living
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Once you've completed your eulogy or letter, ask yourself:

*Am I living a life right now
that will result in this future?*

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PART 3: ACTION

Keeping your eulogy and your values in mind, it's now time to identify a change you'd like to make and commit to an action that will help get you started. Once you've completed the previous exercises, ask yourself:

- What's one change I can commit to that future me will be proud of?
- What is the next right step that can get me closer to that change? (Keep it small and realistic, and if you get stuck, refer back to the action lists you made last week)