

Handout 3.1

CAPTURING WHAT MATTERS MOST TO ME

What decisions did you make about yourself and/or your life based on the events you shared?

How do these decisions impact your life today?



What was most valuable to you in this session?

How are you feeling in this moment?



Handout 3.2

MY COMMITMENTS

Studies indicate that the one quality all successful people have is persistence. They're willing to spend more time accomplishing a task and to persevere in the face of many difficult odds.

□ DR. JOYCE BROTHERS

Today's Date _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____



Session Accelerator 4.1

EXCAVATING PURPOSE

Create four symbols or pictures that represent your deepest, most cherished values.

Number these symbols or pictures in order of importance (1 being the most important, 2 the next most, and so on), and then answer the following questions about each symbol, in numerical order.

Use short phrases or words to complete the following:

- Who am I? (*Assume someone is genuinely interested in knowing who you are and she asks you to answer this question. Share the qualities that you love about yourself.*)
- Bring to mind your happiest moment or experience, or your greatest achievement. Describe how you were “being” in that moment. What traits or qualities were present?
- What most excites me about the world?
- If I could teach three things to others about what excites me in the world, what would I teach?
- What five things do I do that bring me great joy?
- The motto I do my best to live by.
- Qualities and traits: How I would like people to describe me if I died today.

