

## Activity 1.1

# Summary of themes: Ideal Life



Read back through the outputs from the See, Hear and Feel exercise about your ideal life. What are the key themes that stand out?

Summarise them in the box below for ease of reference:

Now ask yourself the following questions and note down your responses in the relevant box.

**If this was a description of my life, what would I feel particularly happy about?**

**What things might I be unhappy about?**

**What about this life would make it feel like it was meaningful?**

**If today was your last day on earth and this was a description of your life, what happiness rating would you give it on a scale of 1 (too miserable for words) to 10 (ecstatic!)? Why?**