

Activity 1.2

Summary of themes: Current Life



Read back through the outputs from the See, Hear and Feel exercise about your current 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.

As a description of my life today, what do I feel particularly happy about?

What things am I unhappy about?

In what ways could this life be more meaningful?

If today was your last day on earth and with this as 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?