

Awareness

Exercise 1 – How would I like to be remembered?

This exercise helps you define your Vision and Values for your life. Describe below how you'd like to be remembered as a person. This will help think about the direction you would like your life to take and the values you want to live by and display to others.

Write your own eulogy. Imagine you have died and your family and friends have gathered for your funeral. Who will be there? What would you like them to say about you? By writing your eulogy you will discover the values and behaviors you want to define you.

Exercise 2 – What values are most important to me?

Your values - What is most important to you? What principles and ideals do you most cherish? Rate the values listed below in terms of their importance to you, adding any additional ones you believe are not covered. Identify your top three and write a short paragraph explaining what each of these three values mean to you.

Character
Influence
Power
Commitment
Fame
Friendship
Success
Happiness
Wealth
Generosity
Status
Wisdom
Truth
Family
Recognition
Love
Joy
Integrity
Masonic values
Others (list as many as you can think of)

My top five values are: _____