

What Will You Be Known For?

PART 1 – PARTY TIME

Imagine it's your 85th birthday party. Everyone is there—your family, friends, co-workers, and anyone else that has been important in your life.

Write a brief speech from the perspective of three people you care about. Write each speech *as if you had become the person you dreamed of being*. What would these three people say about you? Don't limit yourself to what your mind currently tells you is achievable or what you think about yourself now.

Here are a few questions to get you started:

- 1) What impact did you have on this person?
- 2) What kind of person would they say you are?
- 3) What would they say was most important to you?

SPEECH 1

Name: _____ Relationship: _____

SPEECH 2

Name: _____ Relationship: _____

SPEECH 3

Name: _____ Relationship: _____

➤➤➤ **Now, underline any common themes or important phrases.**

PART 2 – WHAT DO YOU VALUE?

Using your responses from Part 1 as inspiration, choose three of the following values that are **most important to you (or the ones you hope to be most important to you one day)**. Rank each of them, with your most important value as #1.

- 1. Acceptance/Self-Acceptance:** to be at peace with myself, others, life, etc.
- 2. Adventure:** to actively explore novel or stimulating experiences
- 3. Assertiveness:** to respectfully stand up for my rights and request what I want
- 4. Authenticity:** to be genuine and real; to be true to myself
- 5. Caring:** to be kind toward myself and others
- 6. Community:** to surround myself with a close network of supportive people
- 7. Compassion:** to act kindly toward myself and others in pain
- 8. Connection:** to engage fully in whatever I'm doing and be fully present with others
- 9. Contribution/Generosity:** to give, help, assist, or share
- 10. Cooperation:** to be collaborative with others
- 11. Courage:** to be brave; to persist in the face of fear, threat, or difficulty
- 12. Creativity:** to be innovative
- 13. Curiosity:** to be open-minded and interested; to explore and discover
- 14. Dedication:** to be hardworking and industrious
- 15. Encouragement:** to reward behavior that I value in myself or others
- 16. Excitement:** to seek, create, and engage in activities that are interesting or stimulating
- 17. Fairness/Justice:** to be fair and just to myself or others
- 18. Faith:** to live as if God is who he says he is and will do what he says he will
- 19. Fitness:** to maintain or improve my physical and/or mental health
- 20. Flexibility:** to adjust and adapt readily to changing circumstances
- 21. Freedom/Independence:** to choose how I live and help others do likewise
- 22. Friendliness:** to be companionable or agreeable toward others
- 23. Forgiveness:** to be forgiving toward myself or others
- 24. Fun:** to be fun-loving; to seek, create, and engage in fun-filled activities
- 25. Gratitude:** to be thankful for and appreciative of myself, others, and/or God
- 26. Honesty:** to be truthful and sincere with myself and others
- 27. Intimacy:** to open up, share, and be vulnerable with others
- 28. Kindness:** to be considerate, nurturing, and caring toward myself or others
- 29. Love:** to live and act with love for myself and others
- 30. Mindfulness:** to be open to, engaged in, and curious about the present moment
- 31. Order:** to be orderly and organized
- 32. Resiliency:** to continue resolutely, despite problems or difficulties
- 33. Respect:** to treat myself and others with care and consideration
- 34. Responsibility:** to be mindful of and accountable for my actions
- 35. Skillfulness:** to continually practice and improve my skills and apply myself fully
- 36. Supportiveness:** to be helpful and available to others
- 37. Trust:** to be loyal, faithful, sincere, and reliable
- 38. Other:** _____
- 39. Other:** _____
- 40. Other:** _____

Value #1: _____

Value #2: _____

Value #3: _____

PART 3 – PRIORITIZE YOUR VALUES

How would you characterize your three choices?

Value #1: _____

- A) Very achievable (or already achieved)
- B) Achievable with some work
- C) A big stretch to achieve

Value #2: _____

- A) Very achievable (or already achieved)
- B) Achievable with some work
- C) A big stretch to achieve

Value #3: _____

- A) Very achievable (or already achieved)
- B) Achievable with some work
- C) A big stretch to achieve

Are you already living out some (or all) of these values? If so, what can you do to make sure you continue to keep your values front and center in your life?



Are there people, opportunities, or circumstances in your life that are distracting you from prioritizing your top three values? What would you need to do to reprioritize?

Looking for more?

Check out the series *How to Get What You Really Want.*

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