

### **Exercise: Looking Back on Five Years of Acting on Your Values**

As you have practiced before, use your Open and Aware skills to get present with this moment, being in contact with your body and the way it feels right now, what you notice is going through your mind, the emotions, feelings and urges that you have. Take a minute to really connect with being here now, with you as you are, making room for the experiences that you are having.

We would like to invite you to imagine that it is five years from now. In this time you have been bold and made choices guided by the directions that give you purpose and meaning.

Imagine where you would be, who you would be with, what your day-to-day life would look like. Really picture this scene. Notice your connection with it on what this feels like right now.

From this perspective, we would like to invite you to reflect on these questions:

- What would you hope to be in your life? (that reflects that you've made bold choices)
- What would you be able to look back on? (decisions and choices that reflected your values)
- In making these choices and acting on them what feelings and emotions would you need to make room for?
- What would be the same in your life?
- What would be different?
- What would you really like to stand for in your life?