



ACTIVITY: 'WHAT A GREAT GUY'

TIME: 15+ minutes
SIZE: Individuals
SPACE: No special requirements
RESOURCES: Pens, paper

The aim is for students to project life possibilities forward in light of their values and strengths.

The result should be discussion about how identifying values and individual strengths, goal setting, and planning can help add meaning to your life.

1. Explain to the students: you are each to imagine that you are a week away from your seventieth birthday, and someone (friend or family member) is going to give a speech about you – your life, your unique characteristics, your strengths, your achievements, your community involvement, your relationships, etc. The speaker has asked if you (each student) could write the draft speech or at least provide the key points.
2. Students are to think about how they might like their life to have turned out in five key domains: work/calling; family; friendships; community; fun pursuits (hobbies, sport, etc.).
3. Give students five minutes to think about what their future achievements in those domains might be, then another five minutes to write their speech. They should bear in mind how they would like to be perceived and remembered by others.
4. Allow students willing to share their speech to do so with the rest of the class.
5. Commence discussion.

DISCUSSION SUGGESTIONS



- How difficult was it to imagine not only yourself in 50+ years, but the kind of life you might have led? What mental obstacles did your imagination face? What strategies might work for getting around those blocks? How could you employ those strategies in your thinking in your day-to-day life now?
- How did the process make you link events (i.e. goals or achievements) with values (i.e. the things that are important to you)? What does this say about your own unique Sense of Purpose?
- How important are good relationships – with family, friends, peers, teachers, strangers – to Sense of Purpose?
- Even famous people who achieved significant things (e.g. Leonardo da Vinci, Stephen Hawking) regularly faced setbacks in their lives. How did their Sense of Purpose help them overcome those setbacks? What lessons do their examples give you that you can apply in your own life?