

### 6 ACT\* Conversations

\*Acceptance & Commitment Training

#### Session 5: Your Values and Direction

### At Your Funeral - The Party of Your Life

For this worksheet we ask you to use your imagination as a way of connecting with your values and direction. Given that this is about your life's purpose or mission, it warrants an investment of time and thought. So if you're inclined to jump straight to the blank lines below and start filling them in, pause a few moments, read the next two paragraphs and ensure that what you're writing is worthy of you.

Suppose that at some future time there was a party held in your honour. At this event, people who are important to you, and to whom you are important, have come together to celebrate you and your life. Because it is in the future, you don't know (right now anyway) whether you will be dead at this future date, very much older than you are now, or perhaps only a few years older than now.

When the time comes at this party for people to make speeches about you, they will spend their time talking about the kind of person they experienced you to be. And for this exercise, we need you to write these descriptions for them as if you had actually become the person you would most like to be. Don't limit yourself to what your mind currently tells you is achievable. Remember that you don't need to show this to anyone – you're exploring a possible path for your life. When you've finished you can choose whether or not you will commit to none, some or all of it. For now, let your imagination have free rein.

Who is the first person to speak? Write down their name (or don't if you haven't yet met them e.g. a future employer or spouse) and their relationship to you.

rano.
Relationship:
What do they say? Write this in below, or if you need more space use a separate sheet



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Now repeat this for the subsequent speakers. You don't have to fill all four if say, three people can represent you faithfully. By the same token, you may need to have more than four speak. If so write their speeches on separate sheets.

Second speaker's name:
Relationship:
What they say:
Third speaker's name:
Relationship:
What they say:



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Fourth speaker's name:	
Relationship:	
What they say:	

Once you have completed the notes about your life on this worksheet, leave it for a few days, perhaps even a week. When you return to it, re-read it, setting aside of course any unhelpful evaluation or criticism your mind may be producing.

Rather ask yourself,

- How did this person live?
- What values were guiding them in their life?
- What direction and purpose did they choose to follow?

The answers to these questions will bring you closer to discerning the values you want to live your life by. Write them in the Values Inquiry Sheet.