

CHOOSE AGAIN: CREATING YOUR OWN EPITAPH

Week # 12 Handout # 2

Objective: To remind ourselves of the wonderful opportunity that we have been given in this lifetime. To reclaim our ability to choose again if we are unsatisfied with the script we have written so far.

Expected results: Increased perspective about your life. Increased awareness that you are the decision-maker and, therefore, can choose again. We can redefine what we believe ourselves to be.

Instructions:

- 1) Write an honest epitaph about your life so far. Don't be too harsh on yourself and pay tribute to your success, rather than concentrating on your shortcomings.

- 2) Write an addendum to your original epitaph. What would you really want to achieve if you knew you could not fail? Include these goals and desires as completed accomplishments. Write an addendum worthy of a Child of God.

- 3) Write down why these new accomplishments on the addendum are important to you.

- 4) Next write down what kind of person you must become to be the type of person who can accomplish your new addendum's goals.

NOTE: When the "WHY" gets stronger, the "How" becomes easier.