Awareness

"Awareness is like the sun. When it shines on things, they are transformed."
- Thích Nhất Hạnh

Let's start by reflecting on the last year and some of the highlights that shaped it - moments that we are proud of where our intentions matched our actions.

Yellow Brick Road Exercise

In the classic story *The Wizard of Oz*, Dorothy is joined by the Lion, Scarecrow, and Tinman as they go on a quest to find Courage, Brains, and a Heart. In the end, they discover they had all three within themselves all along. This is the same realization that comes with awareness, particularly of our own mortality. Take a moment to reflect when you exhibited these qualities in 2014:

1. Lion: Courage

2. Scarecrow: Wisdom

3. Tinman: Compassion

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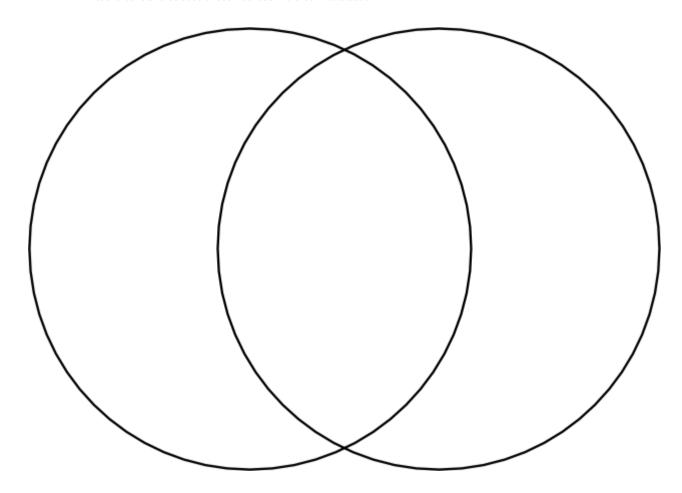
Meaning

"Those who have a 'why' to live, can bear with almost any 'how'."
- Viktor E. Frankl

Now let's apply that awareness of our own lives to help us uncover where we finding meaning, specifically in this past year. How do we define success? How do we decide which goals to pursue? More often than not, the answers appear after we define what really matters to each of us. Though we all have the same ingredients to work with (community, creativity, love, adventure, etc.), we each follow our own recipe.

Reflecting on Meaning

- 1. What "ingredients" constitute a meaningful life for you? Write these in the circle on the left.
- 2. Looking back on 2014, what mattered to you in your daily existence? *Write these in the circle on the right.*
- 3. Are there elements that you can find in both? Write the connective elements in the middle.



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Actions

"How we spend our days is, of course, how we spend our lives."
- Annie Dillard

Combining both awareness and where we finding meaning, we can tie it all together and begin to reflect on the actions we wish to incorporate into our daily lives.

Ideal Week Exercise

Envision your ideal week. Make it as realistic as you can. (*ie.* eight hours a week with your family, going to a movie every Sunday, etc.) Are there things you don't do now? What can you add? What can you take away?

Mon	Tues	Wed	Thurs	Fri	Sat	Sun

These three exercises are an excerpt from our recent Reflection Workshop. For upcomming classes and more info visit **holstee.com/events**.

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