

A TOAST... FROM THE FUTURE



This activity helps to identify personal values by making you think about important people in your life and your desired perceptions from these people.

Instructions

1. Take a moment to write down four individuals you admire and/or look up to.

2. Imagine you are 20-30 years into the future and there is an event in which you are being recognized - maybe a birthday or retirement party - now imagine the four individuals you wrote down are giving a toast to you. What would you hope they say about you?

Person 1: "The quality I have come to most admire about you is _____
_____. I have seen you time and time again live this out by _____
_____ and in _____."

Person 2: "The thing I most respect about you is _____.
It has had the greatest impact on me because when I see how you _____
_____, it challenges and inspires me to _____."

Person 3: "This is what you mean to me. I have come to see that no matter
what, you are _____ and _____.
I will always remember when you _____
_____. That helped me to see you as someone who _____
_____."

Person 4: I've been following you since _____
and let me tell you about a couple of ways that I have seen you grow and
develop: _____
_____.

I am most proud of that fact that you have _____
_____."

3. Once you have written your responses, take a moment to look back at what you have written and thought about during this activity. What does it tell you about what is truly important to you?



TOGETHER WE CAN *build a better future!*

