

How Do I Know That I Am Fully Alive?



- ① In the “Individual” column below, rank the following statements from **1** to **8**, according to how close they are to your belief about what it means to be fully alive. Use **1** for the statement closest to your belief and **8** for the statement furthest from your belief. The “Group” column is for recording the ranking that your group will decide on later.

Individual **Group**

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| _____ | _____ | A. Being fully alive means accepting and loving myself as I am, living with the knowledge that I am good even if I sometimes do wrong. |
| _____ | _____ | B. Being fully alive means being myself—authentic and real with my emotions, ideas, and preferences. |
| _____ | _____ | C. Being fully alive means building a secure environment where I am safe from financial worry and physical danger. |
| _____ | _____ | D. Being fully alive means enjoying the pleasures of life to the utmost. |
| _____ | _____ | E. Being fully alive means having a few good friends who dispel loneliness and who support me when I need help. |
| _____ | _____ | F. Being fully alive means having a specific sense of mission for my life, a purpose. |
| _____ | _____ | G. Being fully alive means striving to establish myself as the most competent person in my field and being better at what I do than anyone else, thus gaining respect and status. |
| _____ | _____ | H. Being fully alive means loving other people, genuinely caring for others. |

- ② List as many things as you can that are life-giving for you.