

# Designing Your Life

## LIFEVIEW REFLECTION

Please write a short reflection on your lifeview and bring a hardcopy or readily e-readable copy to the workshop. We're not looking for a term paper here, just your key thoughts, so keep it short – just ½ to 2/3 of a page (that's about 150-250 words).

There are many approaches to writing a lifeview and various prescriptions for what they need to include. Below are some questions, which are classically addressed in a lifeview, though which are the important questions is a matter of choice. The key thing is to address those critical defining values and perspectives that provide the basis for your understanding of life, that create the platform that interprets and organizes how you see and understand the world and assign order and meaning to it. Your lifeview is that which provides your definition of "matters of ultimate concern."

You may wish to consider some of the following questions. We do not recommend that you simply use this list "as is" and jot responses. Again, determination of which topics are worthy of being addressed is part of your Lifeview - so make it your own and write it in a form and style that fits you and your "matters of ultimate concern".

- Why are we here?
- What is the meaning/purpose of life? of death?
- What is the relationship between the individual and others?
- Where do family, country, and the rest of the world fit in?
- What is good, what is evil, are the concepts of good and evil relevant? situational ?
- What is the meaning of time, of eternity?
- Is there a higher power, God, or something transcendent, and if so how does this impact your life?? *(address this question of course only if it's relevant to your viewpoint)*
- What of joy, sorrow, justice, injustice, love, peace, strife?

---

*A word about confidentiality: As is made unavoidably evident by this exercise, this seminar involves engaging and discussing personal and substantive matters with your co-participants. In order to help you in your pursuit of a coherent and authentic life, we need to relate to these important questions. We do so recognizing that they are intensely personal and matter deeply - and our responses and positions will vary widely. Among us are people of every stripe and all are welcome. We will respect and regard all points of view and work to help everyone in growing closer and clearer on their own best insights in such matters. Everyone's lifeview, and all personal material, will be held in confidence (ie: it "stays in the room"). We hope you will feel free to be candid in order to obtain the most from the experience.*