

*Considering our quality of life:
What makes your life worth living?*

YOUR JOURNAL FOR SELF-UNDERSTANDING:

List ten things that make your life definitely worth living.

And put a star* by the three that are the most important to you.

What makes your existence enjoyable and meaningful? Really, what is essential to making your life pleasurable? You might find there are very few things that make your list. Or you may need more room.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

So, now you can savor the wonderful things that make your life great.

Take a moment to turn over the rock. *Can you name five conditions that would seriously fray the fabric of your good life?* What situations or physical changes would severely diminish your quality of life?

1. _____

2. _____

3. _____

4. _____

5. _____

Do you think you could make the necessary adjustment to your changed circumstances? If any of these conditions or situations occurred, would you still want to continue living?