

Moments you felt most alive and why

Examples: Births, graduations, weddings, sports events, career achievements, vacations, etc.

1. _____

2. _____

3. _____

Timeline

Title of Timeline: _____

Name: _____

Date: _____

Sagesse Advocacy “About Me”

My current life situation:

This is what is most important in my life:

My family and/or friends:

Other _____

Things I enjoy doing, such as being with pets, cooking, gardening, being outdoors, etc. (Could be being connected to others, feeling safe, finding meaning and purpose)

Sagesse Advocacy “About Me”

What feeds my spirit?

___ **My spirituality** _____

___ **My religion** _____

___ **Being in nature** _____

___ **Something else** _____

What brings joy to my life: _____

What I am most looking forward to in life: _____

Supportive family, friends, and/or others: _____

My biggest fears or concerns about my health/wellbeing right now?

Let's go back to ... When you felt most alive - Did you also feel joy?

Ask yourself: What gives me joy now:

If not doing what gives you joy ... why not?

Barriers: _____

How to incorporate this into your life?

- Adaptation: _____
- Who with: _____
- Frequency: _____
- If I could do anything ... something you'd love to do that is more like a dream than reality _____

Identity Exercise

Think about who you are now and the strongest, most beautiful, and meaningful version of you.

Write this out: “I am . . .an advocate, spouse, ..._____”

10 -20 years ago ...

What were the most important identities that you had? (Put in the chat if want to share)

My Dreams without Boundaries

These are things I'd like to do in future, taking into consideration what gives me joy with no regard to any limitations, physical, financial or logistical.

Visioning My Future

These are things I'd like to do or ways I'd like to be in future, taking into consideration what gives me joy and also any restrictions I may have.