



AN OWL'S VIEW

Have you ever heard someone say they had an “out of body experience” where they felt like they were watching themselves doing something as if it were someone else? That sounds like quite an unusual situation to be in, but – it could also be really helpful. Imagine having the opportunity to view yourself as you make decisions and choices that move you toward your values.



Discussion

What if you had an owl's view and could observe yourself from above, interacting with people or doing an activity? It might be really cool, but it could also be “cringe-worthy” to see yourself making choices that don't align with your values. Think about what you might tell yourself in these situations.

How would you “coach” yourself?

Activity

Think about a time when you wished you had acted differently . Write yourself a letter (as your own personal life coach). Give yourself the advice you think you need to help you live a life of choices that move you closer to your values.

Dear

Remember that time when

You are courageous, kind, unique, resilient, lovable, and worthy of living a rich and fulfilled life!

Your friend _____