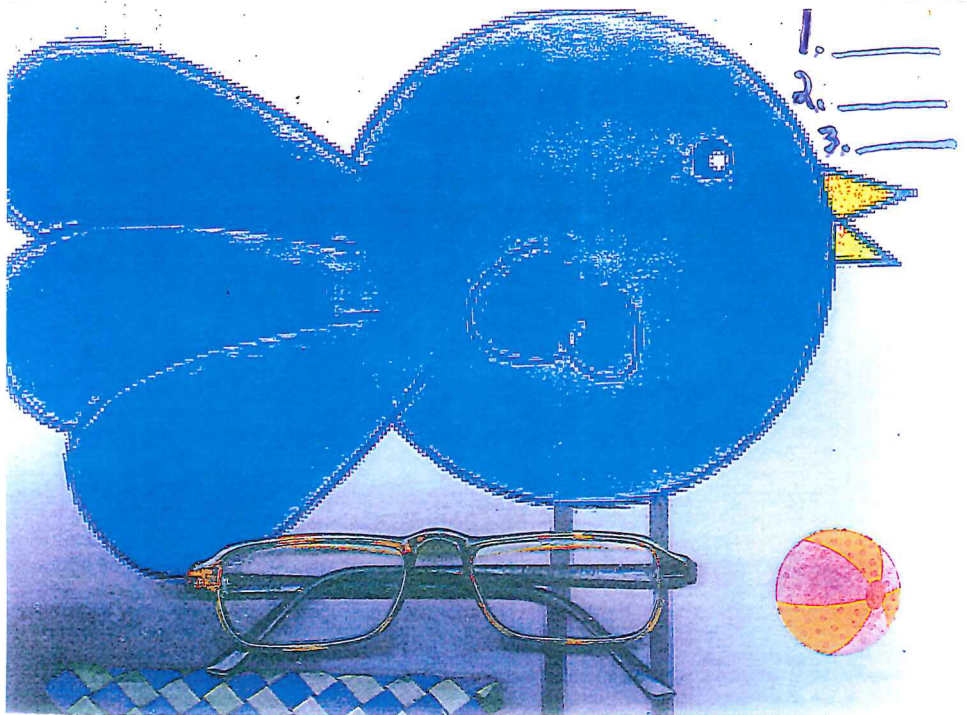


# Live Better Series: “I can live a vital and meaningful life.”

## “Life values and direction: the epitaph exercise”

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**Bluebird:** I can live a vital, meaningful life. And, I accept I will sometimes have pain, and other times have joy, in my life.

**New Pair of Glasses:** to change my life, and grow in wisdom, I need to look at things differently.

**Beach ball:** I need to stop avoiding my life by pushing thoughts and feeling underwater. By being mindful, I will let my thoughts and feelings come up and accept them for what they are.

**Finger trap:** It is healthy for me to “accept what is as it is”. When I struggle against “what is”, I trap myself and cause suffering for myself. Accepting does not necessarily mean I like it.

**1, 2, 3:** I can live a vital and meaningful life by choosing and committing to values that are important to me—NIKE Therapy “Just do it!”, make a plan, don’t procrastinate, take action. Letting go and letting be is also a way of taking positive action.

1. What is really important to me (primary relationship, parenting, other family, health, fun, job/career, fun, helping others, hobbies, education, spirituality, etc)? \_\_\_\_\_
2. What could hold me back from living my life based on what’s most important to me (circle any that apply--anxiety, depression, fear of failure, procrastination, alcohol-drugs-gambling, lack of motivation, afraid to ask for help, lack of money or other resources, other \_\_\_\_\_)?
3. What I will do to deal with those things that could hold me back. \_\_\_\_\_

*“The other meaning of happiness is “a rich, full, meaningful life”.*

*When we take action on things that truly matter deep in our hearts, when we move in directions we consider valuable and worthy, when we clarify what we stand for in life and act accordingly, then our lives become rich, and full, and meaningful, and we experience a powerful sense of vitality.*

*This is not some fleeting feeling—it is a profound sense of a life well lived.”*

*Dr. Russ Harris, The Happiness Trap*

**Write Your Own Epitaph**  
**“What Do I Want My Life To Stand For?”**

*An Experiential Life Enhancement Exercise*

Here Lies

**Let's be enthusiastic and have the courage to really live our lives.  
Live lives that when we are older, we can look back  
and feel good about defining what was important to us  
and the choices we made.**