

Major Life Themes

MOST OF US ARE GREAT AT POURING INTO OTHERS, BUT NOT SO GOOD AT FILLING BACK UP.

Get back to who you are as an individual.

Adam's dad was in the air force for 20 years as a social worker. While there, he discovered that there were those who died with regret and those who didn't.

Those who lived a life of purpose were the ones who lived their major themes throughout their entire life.

These major themes are the things that bring you joy and make you feel successful. They are specific to you as an individual based on your life, values and beliefs.

First, you and your partner will do these exercises separately, then will compare notes after you've discovered your major themes.

WHAT ARE YOUR PERSONAL MAJOR LIFE THEMES?

On the next page, write down 20+ things that bring you joy and some of the most memorable times you felt successful.

The more you can put into the two columns below the better!

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WHEN HAVE YOU FELT SUCCESSFUL?

Write down all the times you've felt successful.

WHAT ARE THE THINGS THAT BRING YOU JOY?

List all of the things that have brought you joy in life.

Look at the two columns above and draw lines from things that brought you joy to things that made you feel successful.

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WHAT ARE THE THEMES OF YOUR JOY & SUCCESS?

Eventually, as you continue to practice these exercises consistently over time, you will get to around 8 or 9.

The goal for now is to get 3 - 5 major themes. Write them below.

COMPARE YOUR MAJOR THEMES WITH THOSE OF YOUR PARTNER.

What did you learn about your partner's major themes? How do they align with yours?

Write down activities you can do in order to put both of your major themes into play at the same time.
