

THE DNA-V OF YOUR LIFE

1. Feeding the Advisor

Write down five events that have happened in the past few years:

1. _____

2. _____

3. _____

4. _____

5. _____

Ask the advisor to judge which of those memories are good and which are bad.

Get the advisor to make a conclusion about your life based exclusively on these five events.

2. Becoming a Discoverer

Gather evidence about your life. For example, you can look at what you've stored on electronic devices (photos, posts on social media, and so on) or some of the meaningful objects you own. Or you might just take photos of what's important to you. Consider discussing this with someone. When you're ready, jot down some notes about what you discovered and appreciated. Really brainstorm. The more notes, the better.

3. Noticing the Differences Between the Advisor and the Discoverer

Compare what you wrote in the first part of this worksheet to what you wrote in the second. Then take a little time to write about the differences here.
