A Toast . . . From the Future

Step 1: Write the names of four people whom you admire and appreciate and who have been important support figures in your life:

A ___________________________  C ___________________________
B ___________________________  D ___________________________

Step 2: Imagine that about 30 years into the future there is an event at which you are being recognized—maybe it’s an award ceremony or a significant birthday party. Now imagine that each of the people you named above are giving a toast to you; fill in the blanks below with what you most hope they would say about you . . .

**Person A**: “The quality that I have come to most admire about you is ____________________________.
I have seen you time and time again live this out by ____________________________
and in ____________________________.”

**Person B**: “The thing I most respect about you is _____________________________. It has had the greatest impact on me because when I see how you ____________________________,
it challenges and inspires me to ____________________________.”

**Person C**: “This is what you mean to me. I have come to see that no matter what, you are
_________________________ and ___________________________. I will always remember
when you _____________________________. That helped me to see you as someone who ____________________________.”

**Person D**: “I have to say a few words. I’ve been following you since ____________ and let me tell you about a couple of ways that I have seen you grow and develop: ____________________________
_____________________________________________________________________________. I am most proud of the fact that you have ____________________________.”

After having written your responses, stop for a moment and look back at what you have written and thought about during this exercise. What does it tell you about what is truly important to you?