

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?