

## **Matters - What Really Matters To You?**

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(Revised: 9. January 2012 by Clinton Callahan)

### **FORMAT:**

Process in 2 parts.

- Part 1: Whole group discovery process.
- Part 2: Dyad process in two parts. One written part and one speaking part.

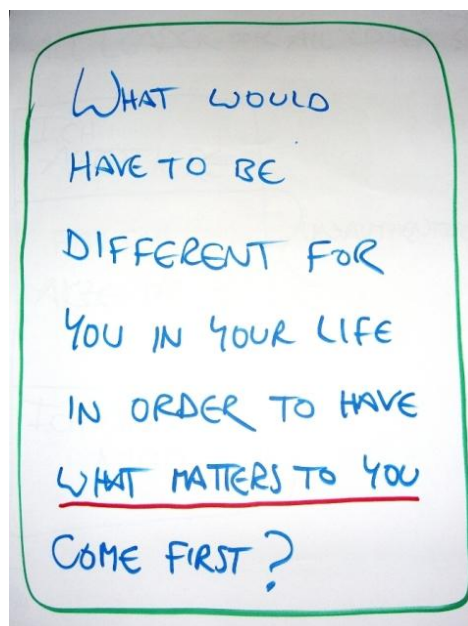
### **DURATION:**

- Part 1: 20 minutes
- Part 2: Approx. 30 minutes. 5 minutes writing and then 10 minutes per person.

### **SETUP:**

- Part 1: People all lie down on the floor on their backs with their eyes closed. They have their pen and notebook at their side.
- Part 2 + 3: People get together in dyads and spread in the room sitting and facing each other. People need pen + paper.

### **INTRO / BACKGROUND:**



## **INSTRUCTIONS / PROCEDURE:**

### **PART 1:**

Pretend like you have died. You have lived your whole life and you now have a chance to look back over it and to see what really mattered to you.

1. The first thing you notice is that nothing HAS to matter to you.
  2. What once mattered may no longer matter.
  3. When you consider what matters to you, do not consider your current circumstances. It is better to be truthful about what really matters to you even if you cannot have it, because the alternative is lying to yourself.
  4. Separate yourself from what matters to you.
  5. Once you consider something that matters to you, imagine putting it in your life, then taking it out.
  6. You choose what matters to you.
- What decision did you make about not being able to have what really matters to you?
  - Do you want to make a new decision?
  - What is the new decision?

Go ahead and make the new decision and tell me when you are done.

Write down the old decision and write down your new decision.

In many ways you have already built a life for yourself around what truly matters to you.

- In what ways have you done that?
- With what people do you engage what really matters to you?

### **PART 2:**

Now get together in groups of 2. You have got 5 Minutes to write down what really matters to you. Go.

Now the Nacktschnecke starts. You tell what would have to be different for you in your life in order to have what matters to you come first. What would have to change in your life? The Tintenfisch just listens and writes down what the Nacktschnecke says.

### **DEBRIEF:**