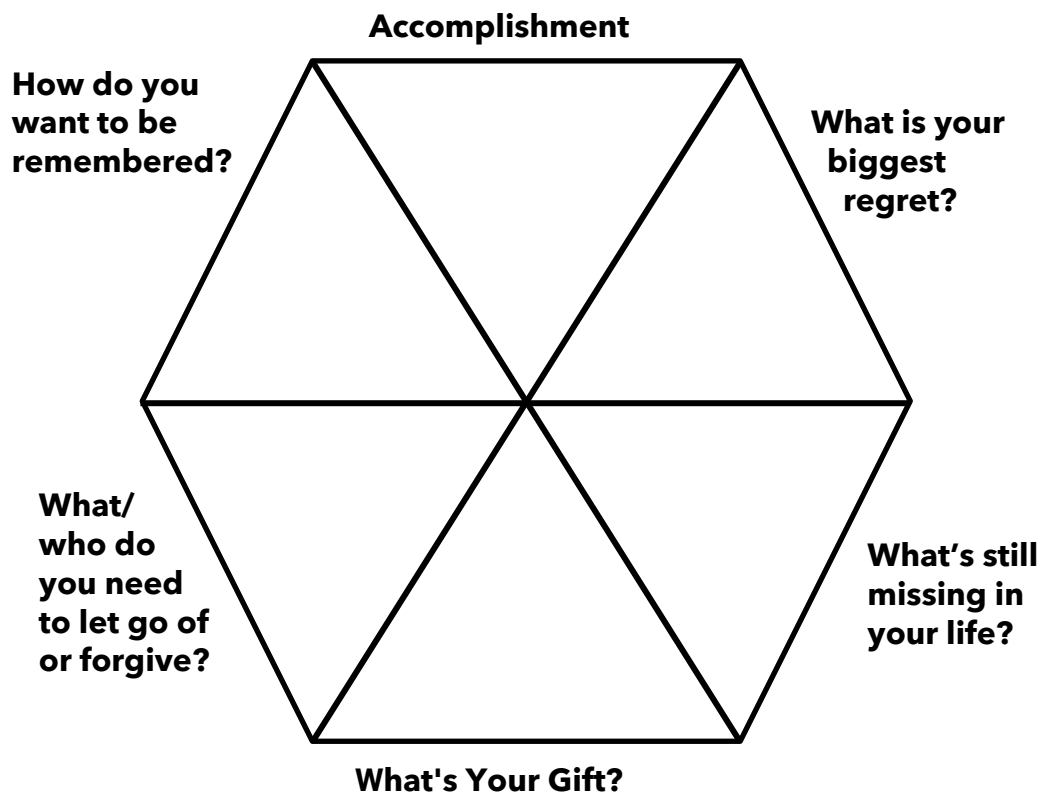




Exercise

Getting A New Perspective on Our Lives



Accomplishment: What do you feel is your greatest accomplishment to date?

Regret: What is your deepest regret or biggest failure?

What's still missing In your life? What is the void in your life right now?

Gift: We are all given gifts that we're meant to develop and then give away. What is your particular talent or gift?

What do you need to let go of/forgive? What stands in the way of your health and well-being? Usually it's something we need to let go of or someone we must forgive.

How do you want to be remembered? What legacy do you want to leave?

Rokelle Lerner, *The Object of My Affection Is In My Reflection: coping with Narcissists* (Deerfield Beach, Florida: Health Communications, Inc 2009) Permission to use material granted, September 20, 2010.