FORM 9.10

Asking for Things That Are Important to Me

Imagine you have lost everything—your senses, your body, your memory, your family, job, possessions—absolutely everything. Then list what you want back, in order of importance, and make a case for why you want each back.

What I want back	Why it's important to me

What have I not been appreciating in my daily life?
Was there a time when I did not have these things or these people in my life?
Why have I ignored these things/people?
What have I been focused on that has distracted me from appreciating these things/people?
How can I show appreciation this week for these things/people?
How will I feel if I do appreciate these things/people?

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