**Life Reflection**

The goal of this script is to help participants build insight in what is meaningful to them.

**Script**

As I am reading this script, I want you to reflect upon what you have achieved, what are you continuing to work towards, how did other people see you – in summary what were you about/ what did you stand for?

Imagine that you are now in your twilight years and a researcher is making a recording of your memories of your life and while you are reminiscing, your verbal history is being recorded.

Now imagine that your life turned out exactly as you wanted it to be – as you talk about your life, you do so with great pleasures and satisfaction as all the things that matter to you personally have been achieved and lived – areas that could be important to you include relationships, with friends, or family, being a parent, having a career or a fulfilling job, enjoying a varied social life or recreational pastimes. It may be your health that matters to you, or opportunities to develop personally e.g. taking adult education classes or becoming involved in local community activities. It may be that you have larger aspirations of citizenship such as campaigning for the environment or fighting against world poverty, or maybe deepening and enriching your life with spiritual activities. There is no wrong or right answers – what is important is the aspirations and interests that are being recorded for yourself…what is important to you.