

[1] Before We Start...

What's important to you in your life? To "live your values" means to make decisions and take actions that are in alignment with YOU.

[2] Definitions:

authentic

one struggle after another

reflects

there is a match

temptations

conflicting choices

false safety

material possession

trivial pastime

superficial pleasure

being accepted

act in a way

a little voice inside of you

caring

fulfilling

[3] Watch the presentation

[4] Read the text

LIVE YOUR VALUES

Think about the choices that you make. Do they come from authentic values inside of you? If there is a gap between what you do on the outside and what you think or believe on the inside, then your life will be one struggle after another.

If the choices that you make really do come straight from the deepest place inside of you, then your life will move step by step in the direction of your grandest dreams. When what you do reflects your purpose, when there is a match, then those actions will take you to where ever you wish to go.

Why would someone not do and say what they believe? There are many reasons--temptations that would make a person make conflicting choices.

Maybe you feel a sense of false safety by having some material possession. Maybe some trivial pastime or superficial pleasure takes your mind off of things that you'd rather not think about. Maybe you're worried about being accepted, or what other people will think so you act in a way that meets their expectations, even when there is a little voice inside of you that is saying "this isn't me".

But the real you, the caring, loving, beautiful, only-one-in-this-world person inside, knows that this is not good behavior. To live a happy fulfilling life, listen to that real you deep inside, and let that person guide your daily actions, thoughts and choices. If you do this, your life will flow and you will find purpose and meaning, and your life will become so much more joyful.

In every moment, live *your* life.

Think about: How do you spend your time, right here and right now?

[5] True or False:

- If what we do and think is the same on the inside and outside, then our life will be one struggle after another. [*true / false*]
- Life is full of distractions. [*true / false*].
- If you find purpose and meaning in your life, then your life will become so much more meaningful. [*true / false*]

[6] Try to put the words back in the correct order WITHOUT looking at the original text:

1	about make you the Think choices that .
2	would Why say believe someone not do and what they ?
3	Maybe some your mind trivial pastime superficial pleasure takes off or of things...
4	live a inside happy life , listen to fulfilling that real To you deep ...
5	moment In your every, live life .

[7] Listen and fill in the blanks:

But the _____ you, the caring, loving, beautiful, only-_____ -in-this-
 _____ person inside, knows that this is _____
 behavior. To live a happy fulfilling life, listen to that _____ _____ deep
 inside, and let that person _____ your daily actions,
 _____ and choices. If you do this, your life will _____ and
 you will find purpose and _____, and your life will become so
 much more joyful.

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Make 2 original sentences from the pattern below. (Original sentence is from the first paragraph of today's topic, "If there is a gap between what you do on the outside and what you think or believe on the inside, then your life will be one struggle after another.")

- If ~ then your life will be one ~ after another.

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2. Write 4 trivial pastimes or superficial pleasure that can take people's minds off of things they'd rather not think about.

3. What material possession can give people an example of "false safety"? Give 2 examples, then think deeply and write *why* these things might give someone such a feeling.

STUDENT NAMES & CLASS NUMBERS: