

Making Preparations

- 1) If you were to lose all other possessions in a fire in your home, which two or three small objects would you save and why are they important to you?
- 2) If you had a bad day, what would be the single thing that would most console you?
- 3) You are about to set out on a long journey from which you may not return. Who are the persons closest to you? Write each of them a postcard-length message saying what you value most about them.
- 4) Make a list of the physical comforts which mean most to you?
- 5) What activity helps you start the day positively?
- 6) Describe two or three paintings or photographs which you would like to have close to you.
- 7) Name two or three pieces of writing (poetry or prose) which you feel you would never tire of reading.
- 8) Make up a day's menus consisting of your favorites foods and drinks.
- 9) Describe any particular fears or dislikes that you have.
- 10) Name and describe some special places in your life

(Killick,129-130)

