

Life Crafting Exercise

Introduction:

The purpose of this writing exercise is to help you find what your values (merkitys) are, what your passions are, and what goals you would like to pursue in your life. In order to do this effectively, you must be very honest and self-critical of yourself.

I, Mel Ico, will not be reading these in-depth because they are deeply personal. I will only check that you have written something.

Remember, this is for your benefit. There are no right or wrong answers here. If you would prefer to answer these questions in Finnish, by all means please do so. If you have any questions, feel free to ask me or a neighbor for clarification.

Passions

What are some things in your life that you are passionate about? (Examples: friendships, hobbies, helping others)

Values

In this section, you will be asked about values in different areas of life.

Platonic Relationships

What kind of friend would you like to be? What kind of friends would you like to have? What values should be manifested (ilmaista) in this area of your life? On a scale of 1-10, how important are relationships to you?

Family Relationships

What would you like to be like in your family relationships? What values should be manifested in this area of your life? On a scale of 1-10, how important are family relationships to you?

Romantic Relationships

What kind of person would you like to be in your romantic relationship? What kind of person would you like to be with? On a scale of 1-10, how important is it to have a romantic relationship?

Career/Future Job

What is important in a job? What kind of employee would you like to be? What will you care about most in your work? What would you like to achieve in your career? On a scale of 1-10, how important is it to have a job that aligns with your passion?

Education/Personal Growth

This includes all kinds of education and personal growth. Education in school is just one example. What kind of student would you like to be? What are some skills you would like to learn? What are some skills you would like to improve on? On a scale of 1-10, how important is it to be active in learning new things?

Leisure/ Hobbies

Leisure time and hobbies are important for most of us. In this area of our lives, we recharge our batteries. What do your hobbies mean to you? What values should be manifested during these activities in your life? On a scale of 1-10, how important is it to have leisure activities that align with your passion?

Spirituality

Spirituality is everything that helps us feel connected with something that transcends you or something that is bigger than you. What would you like to be like in this area of your life? On a scale of 1-10, how important is it to be connected spiritually in your life?

Citizenship

How would you like to be a help to society? What kind of member of a community would you like to be? How active would you like to be in charity, politics, social work, or humanitarian work? On a scale of 1-10, how important is it to be an active member of society?

Mental/Physical Well-Being

We are all physical beings and another important area of our lives is caring for our bodies and minds. What are some healthy/unhealthy habits that you have? What values do you follow in this area of your life? On a scale of 1-10, how important is it to maintain your mental/physical well-being?

Reflecting on one's ideal future

In regard to what you have written above, what are your values in life? What areas in life are most important to you?

Describe what your best possible life looks like.

Future goal

Create a future goal that would combine both your values in life, and your passions. This can be in the form of a career, something in your life that you would like to improve upon, or perhaps a personal project.

Now that you have created your future goal, create a list of smaller goals that you need to complete in order to achieve your future goal.

In that list of goals, pick at least one that you will complete by the end of this school year.

Describe what your life would look like if you did not pursue your future goal.