

LIFE CYCLE REFLECTION

Please choose a response for each of the prompts below.

1. My life is a gift, and I try to make the most of each moment.

- Always or almost always
- Very frequently
- Somewhat frequently
- Somewhat infrequently
- Very infrequently
- Never or almost never

2. I find meaning in life's challenges.

- Always or almost always
- Very frequently
- Somewhat frequently
- Somewhat infrequently
- Very infrequently
- Never or almost never

3. Reflecting on the cycles of life shifts my perspective.

- Always or almost always
- Very frequently
- Somewhat frequently
- Somewhat infrequently
- Very infrequently
- Never or almost never

4. I feel that I am part of something larger than myself.

- Always or almost always
- Very frequently
- Somewhat frequently
- Somewhat infrequently
- Very infrequently
- Never or almost never

Use the space below to share your feelings and thoughts inspired by the prompts.

