

Name: _____ Period: _____ Date: _____

Looking at Self Through the Lens of Momento Mori HECPS

Directions: Take one section at a time. Look at the questions posed in a section. Choose one you believe you can respond to. Take 3-5 minutes to think about the question and your response before you begin writing. Once you have completed your contemplation (thinking time), write your response to the question—responses should be a minimum of one paragraph in length (4-6 sentences). Repeat process for each section.

Section 1: Focusing on Life’s Preciousness and Purpose:

- What are you most grateful for in your life right now? Why?
- What meaningful experiences do you want to have before you die?
- If you knew you had a limited time to live, what would you do differently today?
- How are you spending your time, and are you making the most of it?
- What is one thing you can do today to live more fully?

Response: _____

Section 2: Exploring Values and Legacy?

- What are your core values, and are you living in alignment with them?
- What lasting legacy do you want to leave behind?
- Who are the most important people in your life, and how can you deepen those relationships?
- For what would you like to be remembered? Why?
- What have you learned from past regrets, and how can you apply those lessons?

Response: _____

Section 3: Contemplating Impermanence and Acceptance:

- How does the thought of death make you feel?
- How can you practice acceptance and detachment from things beyond your control?
- How does reflecting on impermanence influence your perspective on daily life?
- What are you holding onto that you need to let go of?
- How can you find peace in the face of life's uncertainties?

Response: _____

Section 4: Action and Improvement:

- What steps can you take to improve your character and virtues?
- How can you contribute positively to the lives of others?
- What negative beliefs or limiting mindsets are holding you back, and how can you challenge them?
- How can you embrace challenges as opportunities for growth and resilience?
- What actions can you take today to move closer to your ideal self?

Response: _____
