



SHORT MODULE

12-HOURS

## THE VALUE OF MY LIFE

*Towards a deeper awareness and appreciation of life within me*

### Introduction

“If we look at our life today, and our past... we can surely recognize many positive things such as events, people and goods... that are or have been part of our lives and which have given our existence a more human quality...

Likewise, if we take our own personal abilities, we can see that we can count on many qualities and resources which we can use to live our lives with dignity, in a constructive way for ourselves and for those around us and with meaning.

However, are we aware of and to do we give value to all the positive that we are and that we have?

### Objective

To help to become *more aware and value more deeply* the **positive in us and in the reality we experience** in order to improve:

- Our relationship with ourselves.
- Our perception of our lives.

### Content

#### **Part 1: What's positive in my life**

- the simple aspects of life
- what we have
- what's positive about our past
- our body and our sensibility
- our mental abilities
- in the depths of our person

#### **Part 2: My personal reality**

- towards a more positive perception
- how to value myself more