

## Preparation for G359 —Meaning, Satisfaction, and Pleasure

The inspiration for this session is Mira Kirshenbaum's book titled *The Gift of a Year: How to Achieve the Most Meaningful, Satisfying, and Pleasurable Year of Your Life*. Her intended audience was women who have put their needs last, but no matter who you are, her book can inspire you to consider giving yourself what you really need.

Note that it is not necessary to answer all of the questions. Choose a few of those that speak to you the most.

### Questions:

1. Who or what did you want to be when you grew up?
2. What are some of your happiest memories? Can you recreate or recapture this form of happiness?
3. Have you done something recently that was purely for your own pleasure? If yes, what was it? If no, what might you like to do?
4. How do you feel when you think about doing something just for yourself, or just for fun?
5. Have you ever said to yourself, "If only I had the time (or money, energy, cooperation, etc.), I would..."? What is it that you would do?
6. What are the obstacles to getting what you want? What can you do about them?
7. If you can't get this important thing that you want, is there a way that you can get its flavor in your life? For example, maybe you can't go live in Italy, but maybe you can take an Italian cooking class, learn to speak some Italian, watch Italian opera or movies, listen to Italian music, etc.
8. Have you ever helped a loved one achieve one of their dreams? What was that like?