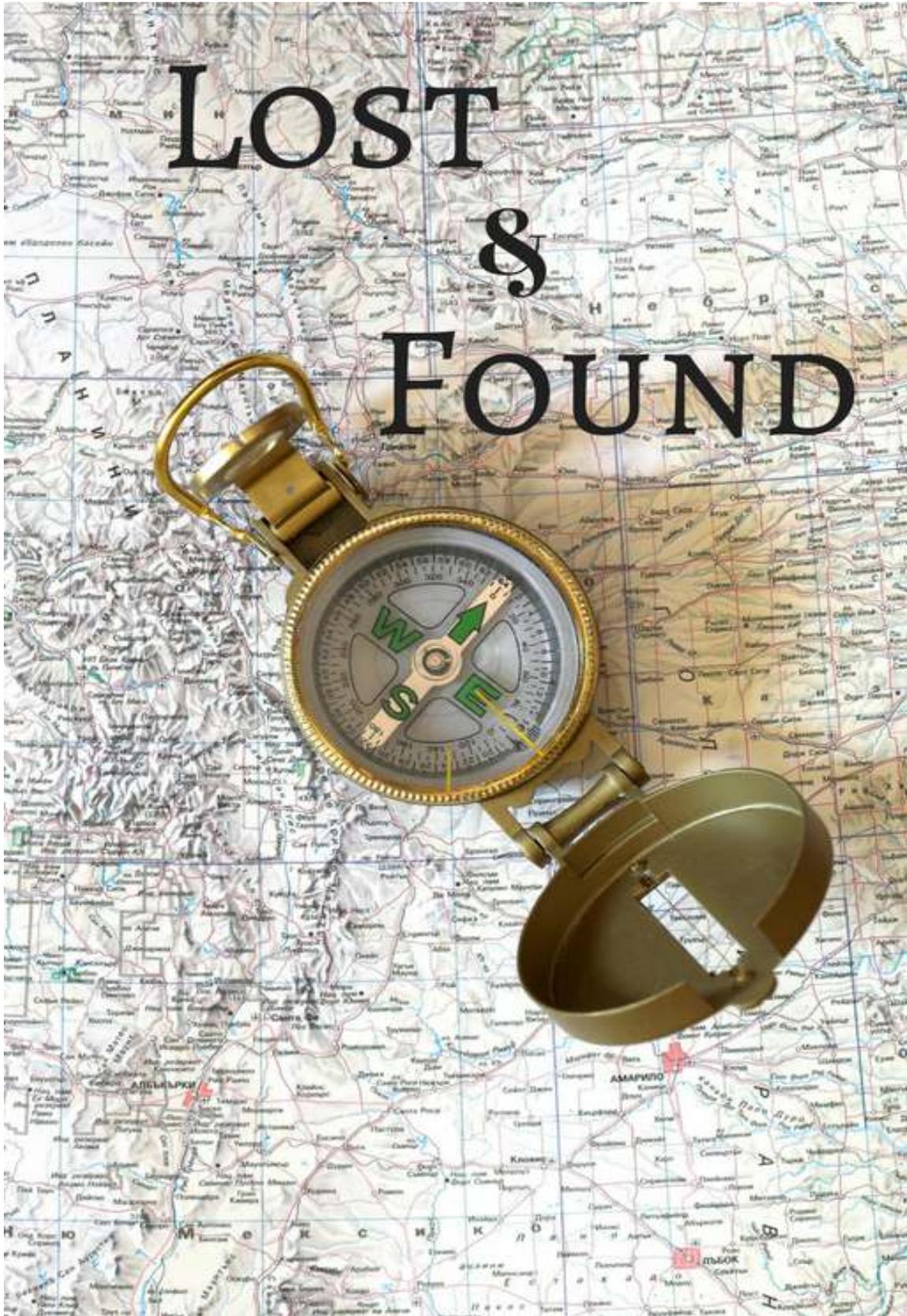




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# LOST & FOUND



## Activity Ten: Lost and Found

### Purpose:

This activity is about looking more closely at the complex person that is You. Here you will have the opportunity to fully let go of the parts of yourself you're fine with giving up, or to bring back into your life the parts of you that you never meant to lose. And, as part of examining that loss, you're also invited in this activity to give yourself credit for new skills you've found – even the ones you never in a million years imagined you'd call your own. While the activity can be done at any time, it is especially useful during times when you feel like you're leaving parts of yourself behind.

### Introduction:

Moving around a lot, leaving your home, and trying something new all give you incredible opportunities to find new parts of yourself. But, anyone who's ever taken on a life of adventure readily recognizes that these experiences come with a certain degree of loss.

While most of us probably know these changes are happening within us, we often fail to take the time to examine what we've given up and what new skills or traits we've brought into our lives. When we don't take time for this introspection, we increase our chances of feeling anchorless, lost and alone. We truly lose sense of who we have become during the many transitions we've faced.

### Instructions:

- 1) THE LOST: The following activity can be completed in the spaces provided, but feel free to add additional spaces on your own paper, in a journal, etc.

In the chart, write a brief reflection on a part of yourself you have lost. This can be a skill, a dream, a stubborn personality trait (good riddance to that one?), or even a relationship that time and space has strained.

Then, in the "So now what?" section, decide what you want to do about that loss. Is this part of your life worth getting back? Is it perhaps better to leave it behind? Would you bring it back with some caveats? Make a decision about it.

Finally, in the last section (Moving On...) jot down a few ideas for how you might follow through with your plan. Now, of course, bringing back lost parts of you life is much more challenging than just making a list, but the goal here is brainstorming. Put this loss back on your radar for a bit. If it's something you want to get back into your life – how might you go about that? If it's something you're happy to have left behind, how will you make sure it stays in the past? What space will you give yourself to celebrate its passing? Give yourself complete freedom here to do what feels right to you. Then, challenge yourself to follow through with your plans in a way that makes sense for you.



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LOST

SO NOW WHAT?

MOVING ON...

LOST

SO NOW WHAT?

MOVING ON...

LOST

SO NOW WHAT?

MOVING ON...



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LOST
SO NOW WHAT?
MOVING ON...

- 2) **THE FOUND:** In the spaces below, take time to look at the new things that have come up in your life. The first step is simply identifying them. Sometimes they sneak up on us. Think of all of the things you never would have imagined you're able to do! Write them down.

Then, as with the losses, decide whether these new parts of you are worth keeping around. Are they perfect for your lifestyle? Are there parts that are benefitting you and other aspects of them that you'd be happy to leave behind?

Finally, create some ideas for how to nurture these new traits into fully become part of you, or decide how you might let them go. As before, this is an idea-generating exercise – where you choose to go with your ideas is up to you.

FOUND
SO NOW WHAT?
MOVING ON...



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FOUND

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MOVING ON...

FOUND

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