

Lost

(Foundational Values)

Imagine that one day found yourself in some remote wilderness hundreds of miles from civilization with no memory of how you got there. You know that you need to get moving in order to survive. Think about how you would proceed. What could you do to figure out which way you should go? List all of the resources that you could use to plan out a course to get yourself to safety.

Now, relate that situation to your life. You are tasked with navigating through life...with getting somewhere. It may not be exactly clear now where you are trying to go, but it is important to figure it out so that you don't wander aimlessly through life. So the first step is to figure out where you want to go. What resources do you have that might help you identify the way to live?

One of the first and most important things to help in your journey is get an overview of the terrain in order to create a map (whether it is a physical map or a mental map). With a map it is much easier to identify a good destination, as well as landmarks that can be used to help navigate and areas of danger or obstacles that should be avoided. Similarly, in creating a life map, each person should try to view the big picture and understand meaning and purpose in their life. Foundational values, like landmarks in



the journey, should be identified to assist in planning a route and measuring progress. In addition, once you have a "birds eye" view of the meaning in your life, and have identified the values that will help you become the kind of person you want to be, you will also be able to identify false paths and pitfalls that may waylay your journey.

Take some time to think about what the meaning of your life is. When you are at the end of your life, looking back over your lifetime, what do you want to be able to say about the way you lived your life? How do you want people to remember you? What does it mean to you to be a "good" person and what would it take to be satisfied with your life. Use those values and beliefs to create a life map for yourself.

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