

DEATH

I. Answer the questions:

What are you going to do today?

What are you going to do tomorrow?

What are you going to do this week?

II. Watch a part of the video (9 min-13 min)

<https://www.youtube.com/watch?v=UF8uR6Z6KLc&t=611s>

and then discuss the questions below:

1. *'Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.'* Do you agree with this quote? Why/why not?

2. Why did Steve Jobs say: *'Death is very likely the single best invention of Life'*? Do you agree with him?

3. Think about your answers from the first exercise and the quote below:
'If today were the last day of my life, would I want to do what I am about to do today?'

Is your answer 'yes' every single day this week? If yes – does it mean you are happy with your life? If no – what would you change in your life?

4. How often do you do things that make you happy? What are they? Make a list and discuss it with your partner.

5. How do you imagine your perfect life? What would you do? Who would you like to be?

* *FOLLOW – UP*

Write a paragraph about your idea of a perfect life.