

“THE ANGELS AND HEROES EXERCISE”

A PURPOSEFUL VISIONING EXERCISE TO ACKNOWLEDGE THOSE WHO HAVE HAD A POSITIVE IMPACT IN YOUR LIFE

“The greatest gift a man or woman can make to another is to inspire them to reach for their highest potential, and to sustain them along their path to success.

Those who do are our treasured Angels and Heroes”—John “John A” Warnick



STEP 1 OF THE ANGELS AND HEROES EXERCISE:

For the purposes of this Exercise an “Angel” is the one whose kindness and love sustained you as you have grown, faced difficult times and personal loss or tragedy. A “Hero” is one who inspired you to aim higher, to strive to be your best and helped illuminate your path to success.

The line below is a timeline. Each bar represents a ten year span in your life (ages 10, 20, 30, 40, 50, 60, 70). Pick an “Angel” or “Hero” who was a positive influence in each decade of your life and write their name in that span. For instance in the first decade of your life it might have been your mother, a teacher, a coach, scoutmaster, neighbor or a childhood playmate.

10 20 30 40 50 60

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STEP 2 OF THE ANGELS AND HEROES EXERCISE:

Once you have identified at least four or five angels and heroes who have touched your life, think about which of them are still alive today. Which of these living individuals has had the most profound impact on you? With that individual in mind, please reflect on each of the following prompts and write down your memories of their love, kindness and positive influence.

HOW did this Angel/Hero demonstrate their love, generosity or kindness towards you? _____

What do you know about WHY this Angel/Hero expended their time, treasure, wisdom or positive emotional energy on your behalf? _____

What difference has this Angel/Hero made in your life?

STEP 3 OF **THE ANGELS AND HEROES EXERCISE:**

Imagine for a moment how reading what you've written might make this Angel/Hero feel. Harriet Beecher Stowe has said: "the bitterest tears shed over graves are for words left unsaid and deeds left undone." The challenge in Step 3 is to find a time to share what you've written, in some form or way, with the Angel/Hero you've chosen to acknowledge. You can write them a letter or note, you could mail them this exercise or perhaps, even better, you could schedule a "Gratitude Visit" with them. What if you went to spend some quality time with your Angel/Hero and during that visit you share or read the reflections of gratitude and appreciation you've just completed? Whatever is possible, whatever feels right, **DO IT!!!** You will always be grateful you did, and so will your Angel/Her.



***"Feeling gratitude and not
expressing it is like
wrapping a present and not
giving it"***
— **William Arthur Ward**