

THE ANGELS AND HEROES EXERCISE

A Purposeful Visioning Exercise

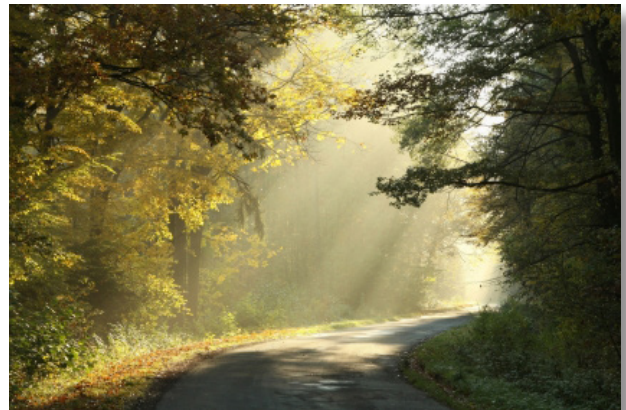
To Help You Leave More Than Money

“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, love and encouragement sustained you in your life journey, stood by you when you’ve faced difficult times and comforted you in times of personal loss or tragedy. A “Hero” is someone who inspired you to aim higher, to strive to be your best and helped illuminate your path to success. Angels are usually people we know well. Heroes are found among the people we associate with but also can be someone we’ve



only read about or seen depicted in movies. Angels have lived in our times. Heroes may have lived centuries or millennia earlier or could still be living.

In the time box on the next page there is a row representing each ten year span in your life (ages 10, 20, 30, 40, 50, 60, 70, 80 if you’ve hit those plateaus). Pick at least one “Angel” or “Hero” who was a positive influence in each decade of your life and write their names in a box in that row. After you have identified at least one individual in each decade, go back and consider whether at certain stages in your life there was more than one Angel or Hero who had a profound influence on you. In your adult years it could be a mentor, your spouse or significant other, a giant within your field, your best friend/bud, a great leader or teacher. In your childhood it might be a parent, grandparent, uncle/aunt, teacher, coach, scoutmaster, iconic figures from history, sports legend, friend or playmate. In the golden and platinum years of your life it might be a child, grandchild, spouse/significant other, dear friend, health care professional, pastor/priest/rabbi.



TIME SPAN	ANGEL'S OR HEROES' NAME	ANGEL'S OR HEROES' NAME	ANGEL'S OR HEROES' NAME
BIRTH TO AGE 10			
VALUE/LESSON/DEED			
AGE 11 TO 20			
VALUE/LESSON/DEED			
AGE 21 TO 30			
VALUE/LESSON/DEED			
AGE 31 TO 40			
VALUE/LESSON/DEED			
AGE 41 TO 50			
VALUE/LESSON/DEED			
AGE 51 TO 60			
VALUE/LESSON/DEED			
AGE 61 TO 70			
VALUE/LESSON/DEED			
AGE 71 TO 80			
VALUE/LESSON/DEED			
AGE 81 TO 90			
VALUE/LESSON/DEED			



STEP 2 OF THE ANGELS AND HEROES EXERCISE:

Once you have identified at least one or two angels and heroes in each decade of your life, go back and reflect on the lesson(s) you learned from them, the kind deed(s) they performed in your behalf, or the values they exemplified and inspired you to emulate. In the box below their name make a short notation to remind you of the deed, example, value, or lesson you learned from them.

Pretend for a moment one of your children or grandchildren has asked you what one person (other than your spouse/significant other—we have another exercise in which you can pay tribute to your spouse’s amazing influence in your life) has had the most profound influence on your life. Who would it be? With that individual in mind, please reflect on each of the following prompts and write down or dictate your memories of their example, values, kind deeds, and positive influence.

Is there a story or experience which illustrates the profound influence this Angel/Hero has had on your life? If there were one or two key values or attributes this Angel/Hero exemplified that you would like to see your children or grandchildren incorporate in their lives, what would those values be? Why do you feel those values/virtues are so important?

If you look over this timeline of your life and reflect on those Angels/Heroes who’ve had a marvelously positive influence on your life, you may be seeing a pattern emerge. You may see that the values you treasure most deeply, are showing up in the table and in the lives of these Angels/Heroes. Look at the table again and this time ask yourself, “Which of the values/virtues which I see showing up in this table will be of the greatest worth to my posterity?”

Now for the final step in this exercise. Please itemize and then share with your loved ones which of these values/virtues you feel will bring the most happiness or significance in their lives below.



I believe the value/virtue of _____ will be a marvelous influence in your life and here's a story that illustrates how this value/virtue blessed my life or was powerfully exemplified in the life of one of my Angels/Heroes.

I believe the value/virtue of _____ will be a marvelous influence in your life and here's a story that illustrates how this value/virtue blessed my life or was powerfully exemplified in the life of one of my Angels/Heroes.

I believe the value/virtue of _____ will be a marvelous influence in your life and here's a story that illustrates how this value/virtue blessed my life or was powerfully exemplified in the life of one of my Angels/Heroes.



I believe the value/virtue of _____ will be a marvelous influence in your life and here's a story that illustrates how this value/virtue blessed my life or was powerfully exemplified in the life of one of my Angels/Heroes.

WHAT SHOULD I DO WITH MY ANGELS AND HEROES EXERCISE?

If an Angel/Hero is still alive, let them know how you feel about what they did for you. If they are deceased, you can honor them by sharing this exercise with your loved ones. Find some quality time to spend with your family and share these stories and lessons with them. That's a gift which will mean much more to them than the money.



“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” — William Arthur Ward

