Please read chapters 3 and 4.

CHAPTER 3: LIVING A LIFE TRUE TO YOURSELF

✎ What was your first reaction to this chapter?

✎ What particularly stood out to you and why?

On page 18 Rob quotes the nurse saying that the most common regret people have when they are dying is: *"I wish I'd had the courage to live a life true to myself, not the life others expected of me."*

✎ In what ways have you lived your life to meet others' expectations rather than your own?

✎ Why might it take courage to live a life true to ourselves?

CHAPTER 4: WIDE AWAKE DREAMS

On page 29, Rob says, *"You have a right to your dreams. You don't have a right to them all being fulfilled, and you don't have a right to crush other people in order to achieve them. But you have a right to stretch forward to the goals that are on your heart."*

✎ Have you ever tried going for a dream? You may want to just write down some words that describe your experience or a poem.

✎ Have a think about your own dreams. What would your ultimate dream be? Perhaps draw or write it down in this space below:

✎ What one thing could you do today to bring you nearer to fulfilling that dream?

Something to think about ...

✎ What wisdom will you take away from these two chapters and how will you use it in your own life?

Next time ...

The next session will look at chapters 5 and 6 where we'll look at not giving up on your dreams, and what real love looks like.

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