



THE
JUBILEE CENTRE
FOR CHARACTER & VIRTUES

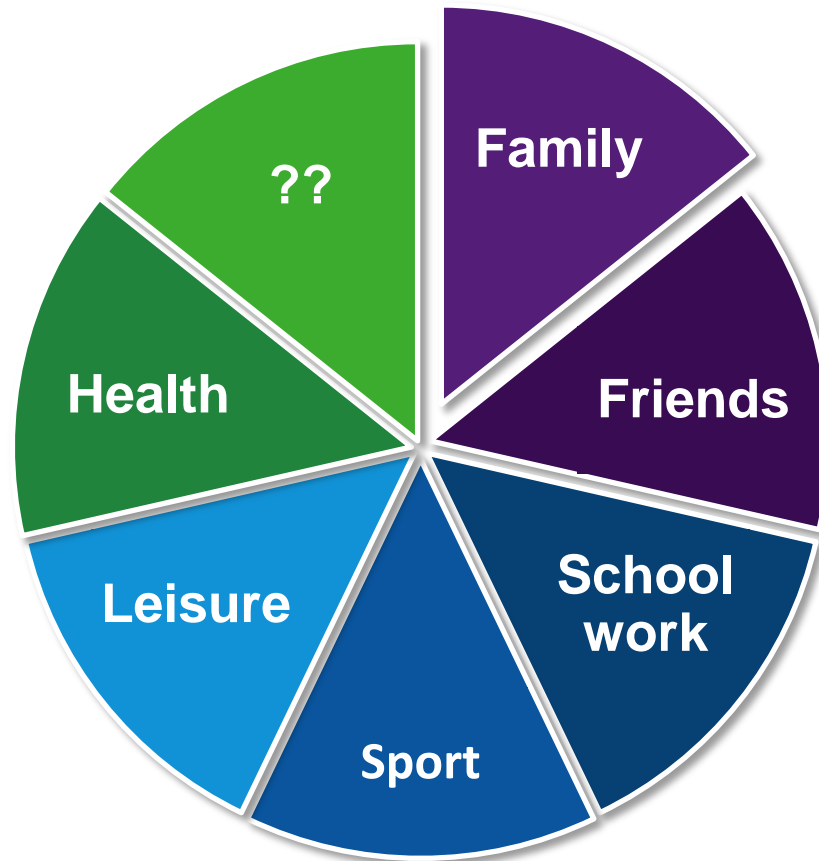


LESSON 2

INTO ADULTHOOD

2

WHEEL OF LIFE 1



2

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

WHEEL OF LIFE 2 VIRTUES



**My
Team**

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

OFF INTO THE FUTURE: MY MAP



You have a blank sheet of paper, on which to draw a map. This is a map of your possible future.

A, bottom left, is where you are now. Z, top right, is where you want to go, or where you might go.

Draw a route from A to Z. It could be direct and efficient. It could be meandering. There might be different destinations along the way.

Use symbols and metaphors if you want e.g. mountains, cities, country roads, motorways, different modes of transport, different styles of driving or being driven, on your own or with others.

DISCUSS YOUR MAP



Get into pairs.

Explain your map to the other person.

Listen carefully and non-judgmentally.

2

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility



SESSION 2

THE LIFE TASKS

2

**Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility**

- # REVIEW WHEEL AND MAP



- **With the benefit of time,
is there anything you
would like to change
about your wheels or
your map?**

- # ADULTS ARE DEVELOPING TOO



We continue to learn, develop and mature throughout adulthood.

- Think about the adults you know, who are at different stages in life.

What do you think might be the stages of adult development?

THE LIFE TASKS



You have looked at Erikson's life tasks.

Do you know people in one of the life tasks?

Do you know people who have completed one or more of the tasks?

Looking at your life map, when do you think you might complete certain tasks?

Is there something about human life which makes mapping like this difficult to do?



SESSION 3

THE CIRCUMSTANCES OF A LIFE AND THE LIVING OF A LIFE.

2

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

CIRCUMSTANCES AND LIVING



The circumstances of a life are those elements of your life that are beyond your control: nationality, gender, age. The circumstances are the material you have to work on.

The living of a life is how you choose to work with the materials (circumstances) you have been given. Living is where you demonstrate choice and skill.

It is possible to live well in a variety of different circumstances.

BACK TO YOUR MAP



How much of your map is about circumstances?

How much of your map is about living?

Do you need to give more thought to the way that you want to live your life?

2

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility



SESSION 4

MEANING IN THE LIVES OF OTHERS

2

**Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility**

- **FROM *Ooh La La***
BY FACES



- **“I wish I knew all I knew now, when I was younger / I wish I knew all I know now, when I was stronger.”**

KEEPERS OF THE MEANING



Work in groups.

What have you learned from older generations of your relatives?

What could you learn from them?

Is there something about being young that makes it harder to learn from older generations?

- **FROM *The Mahabharata*
A HINDU SACRED TEXT**



“What is the most wondrous thing in the world?”

- **“The most wondrous thing in the world is that although, every day, innumerable creatures go to the abode of Death, still man thinks that he is immortal.’**

- **INSPECTOR MORTIMER
IN MURIEL SPARK'S
*Memento Mori***



- **‘If I had my life over I should form the habit of nightly composing myself to thoughts of death. I would practice, as it were, the remembrance of death...without an ever present sense of death, life is insipid. You might as well live on the whites of eggs.’**

The Latin phrase *Memento Mori* is usually translated to mean ‘remember you must die.’

**Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility**

MEMENTO MORI QUESTIONS



Is it a good idea to regularly remind ourselves, even meditate on, our own mortality? What benefits might it bring us? What drawbacks might there be?

Can reminding ourselves of our mortality stop us wasting our lives?

Can reminding ourselves of our mortality give our lives more meaning?

Do you know someone who has found more meaning in life through confronting their own death?

2

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility