



THE  
ELLIS  
METHOD

## My Meaningful Life

### The Battle of Ability - Part 2

There's more to the story of Margaret Ellis' Battle of Ability. We first went through Margaret's Life Story, a common life review activity in older age, developed through reminiscence. As you all know, when the last page turned Margaret smirked at me and said, "So what, that's it? My life's over?"

What you don't know is that the next time I came back to see Margaret, I had brought a follow up to the activity. The reaction to this was an even bigger smirk than the visit before...over ninety years old and living in what she knew to be her final destination didn't bring any interest in a bucket list.

Why? She had done all that she had wanted to in life. A bucket list is great for people who don't get to live the way they want to, who need a list of their life's greatest unaccomplished accomplishments. Instead, when we reach our final stage in this world we learn, grow and develop in other ways.

We learn who we are, where we have come from, what actions our life has led and why we lived at all.

We grow new understandings of our experiences, a bigger picture of our life within this world.

We develop wisdom, our ability to think and act based on life experience.

We can only do so from the act of reflection and often we find ourselves in a state of 'too late'.

'Woulda, coulda, shoulda' no more...welcome to My Meaningful Life.

This activity can take place anywhere and at any time. It can be done alone as a personal exercise, as a pair to discover a deeper connection, as a family to share your lives together and as a large group of friends diving into the meaning of your individual and collective life.

Adaptations are available at anytime, if you or someone you know would like an alternative version of this activity please write to [Stephanie@theellismethod.com](mailto:Stephanie@theellismethod.com)



Turn the page to get started

## My Meaningful Life - Activities for Abilities

Hello! My name is \_\_\_\_\_ and my life so far reflects this one word: \_\_\_\_\_.

When I look back on everything I have done, I feel I will be best known for my \_\_\_\_\_.

One reason for this is no matter what, I always \_\_\_\_\_.

If there was one moment I would like to do over it would be \_\_\_\_\_.

Even so, my life has been filled with \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

Someone I care a lot about is \_\_\_\_\_. One time we \_\_\_\_\_ together and I felt

\_\_\_\_\_. I would like this person to always remember that I \_\_\_\_\_

\_\_\_\_\_.

Someone who cares a lot about me is \_\_\_\_\_. I will never forget the time they \_\_\_\_\_

\_\_\_\_\_ because it left with me a feeling of \_\_\_\_\_.

Although life may not be forever, the memories of my life have meaning and my experiences have

given my life purpose. I know if I'm having a good day I like to \_\_\_\_\_ whereas if

I am having a not-so-good day I would prefer to \_\_\_\_\_. This is my ability to

think and act based on life experience. With that, if I could whisper into the ear of the world I would

say "\_\_\_\_\_".

As I write this I know I am living and breathing, I know I will continue to \_\_\_\_\_

each and every day I am here in this world. Those who follow may not have my ability to

\_\_\_\_\_ but I know they will do the best they can, as I have done.

Until my final day I will continue to live each day to the fullest.

I am \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

