



HEART'S CORE GRID

Initials/Date: _____

	HEART'S CORE	OUGHT TO	FUN TO
H A V E			
D O			
B E			

DIRECTIONS: This exercise is a kind of tic-tac-toe game that separates desires from obligations and demands. In the "Heart's Core" column, put all things that, from the level of your heart or soul, you simply must do lest your life lack or lose meaning. "Have" refers to possession, "Do" covers accomplishments and activities, and "Be" covers states of existence or being. The same distinctions apply to the "Ought To" column, which covers areas where you feel an obligation to have, do, or be. In the "Fun To" column, put the fluff and extras, like a month's vacation in Tahiti, or daring to be a little outrageous as you get older.