

EIGHT IS ENOUGH



- Each person gets a single sheet of paper and folds it three times to make eight sections.
- On each section, write down one of the eight things in life that are MOST IMPORTANT to you. Think carefully...you can only write eight.
- Carefully examine the eight things that you wrote – now tear off and “give away” the two which are LEAST IMPORTANT. Exchange them with a person next to you; then explain to each other why you gave these two away.
- Place the discards in the center of the table – if your partner wishes to keep one you gave to them and discard another of their own, they can do that.
- **Do it again (6 to 4)!** Carefully examine the 6 pieces left, now tear off and “give away” two more which are LEAST IMPORTANT to a different person and explain...
- **Do it again (4 to 2)!** Carefully examine the 4 pieces left, now tear off and “give away” two more which are LEAST IMPORTANT to a different person and explain...
- **Which two did you finally keep?** Share (one by one) with everyone at your table which two pieces you kept and why they are the most important to you.

DEBRIEF:

- **What did you write and why?** How difficult was it for you to come up with the eight most important things to you. Did you wish you could write 9, 10 or more?
- **Prioritization?** You were forced to make some really difficult decisions. Did someone give you a discard that made you rethink what you originally wrote or gave away? Did any of you keep a discard from someone else?
- **What really matters?** Which two did you finally keep? Which of the six that you gave away was the hardest? Did this confirm what you are really about...or did it make you rethink some things?