

...unfinished business...

LEE KRAVITZ

One Man's Extraordinary Year of Trying to Do
The Right Things



TOOLKIT: TAKING STOCK

10 BIG QUESTIONS

- ❖ Think of all your relationships -- friends, relatives, friends, rivals, teachers, coaches, ministers, rabbis, mentors, former teammates and classmates, co-workers and bosses, former spouses/girlfriends/boyfriends or crushes, your children. Are any of these relationships particularly tense or unresolved?
- ❖ Have you lost touch with someone who had once been important to you? Would you like to re-connect with that person?
- ❖ Is there a person you have trouble forgiving?
- ❖ Is there a person who torments your psyche or plagues your dreams? Do you find yourself wishing that this person would fail, get hurt or even die?
- ❖ Is there someone you worry about -- or wonder about -- who you haven't seen in years?
- ❖ Does something or someone make you feel ignored, misunderstood, unappreciated, wronged or invisible?
- ❖ Is there a person you wronged in some major or minor way who died before you could make amends?
- ❖ Is there anyone who died without knowing how much he or she meant to you?
- ❖ Is there an important task you keep putting off because it seems too difficult and time-consuming to complete?
- ❖ Is there something you find yourself doing or not doing that seems entirely opposed to your core values or the person you'd like to be?

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20 COMMON WRONGS

(when applicable, check off and fill in the blanks)

- ___ I took unfair advantage of _____
- ___ I snubbed _____
- ___ I insulted _____
- ___ I betrayed _____
- ___ I stabbed _____ in the back
- ___ I nursed a grudge against _____
- ___ I embarrassed _____
- ___ I humiliated _____
- ___ I spread false rumors about _____
- ___ I undermined _____'s project or goals
- ___ I turned away from _____ when he or she was in need
- ___ I broke a promise to _____
- ___ I lied to _____
- ___ I stole from _____
- ___ I bullied _____
- ___ I was unkind to _____
- ___ I cheated on _____
- ___ I disappointed _____
- ___ I ignored _____
- ___ I spoke harshly to _____

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10 COMMON NEGLECTS

(check the categories that nag at you the most, then specify to whom, what and why)

I neglected to...

_____ do what I said I'd do

_____ pay back a debt

_____ express the love or gratitude I felt

_____ attend my friend's wedding

_____ attend my relative's funeral

_____ help a friend in need

_____ stand up for someone who was wronged

_____ reciprocate a kindness

_____ answer an important phone call or e-mail

_____ stay in touch

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7 COMMON “SHOULD HAVES”

I should have been a better _____
(son, daughter, husband, wife, father, mother, partner, friend)

I should have told _____ what he or she meant to me

I should have kept my promise to _____

I should have listened more attentively to _____

I should have been there when _____ needed me

I should have been less _____
(proud, disrespectful, greedy, self-serving, vindictive)

I should have been more _____
(generous, giving, caring, courageous, humble, forgiving)