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6. In the long term future, which of the ten basic elements of healthy growth – high quality food, water, air, warmth, light, information, and outlets for your body's excess solids, liquids, gases, and energy – are you most inspired to contribute to the world as the legacy that you leave behind when you are finished with your life?

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  5. Of the ten basic elements of healthy biological growth – high quality food, water, air, warmth, light, information, and outlets for your body's excess solids, liquids, gases, and energy – which do you most need now and in the future for you to be able to feel positive about going forward in your life?

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  4. Right here, right now, what people, places, and things are you aware of in your immediate environment?

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  3. What was going on inside your body as you were thinking about that sort of loss?

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  2. What valuable thing was threatened or lost because of #1?

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  1. What person, place, or thing are you most upset at. right now?
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