



# Stop and Smell the Flowers

## Step-by-Step Instructions:

1. Ask participants to think about how they have spent their time over the last two weeks.
2. Have them fill in the petals with descriptions of what they did, one thing per petal. For example, one petal may say “had dinner with neighbors” another may say “took my daughter to a movie” or “went to church.” Continue until all petals are full.
3. After petals are completed have the participants write down in the center of the daisy the values and principles that are most important to them.
4. Ask them to reflect on the “petals” and discuss if how they spent their time lines up with their values and principles.

## Tips for Discussion and Processing:

Many people feel out of balance in their lives. The more the “petals” are aligned with what people say their values and principles are, the more balance and satisfaction they will have in their life. If participants find themselves out of alignment, the group can help them brainstorm ways to find more balance. This is a great exercise for groups of couples.

**Title:** Stop and Smell the Flowers

**Group Size:** 1 to 50+

**Time Needed:** 20 minutes

**Goal:** To see if what participants say their values are match up with how they actually spend their time

**Audience:** Couples, Parents, Singles, Teens

**Special Considerations:** This can be an emotional experience if people discover that their lives are out of balance. This can be a very moving activity for couples and families to do together. Daisies can be shared with group or can remain private. Discussions can become personal or may be kept more general.

## Resources Needed:

- ✓ Pencil/paper
- ✓ Paper or poster paper with a daisy drawn on it; the daisy should have 7-10 petals. **Leave a large blank in the center of the flower.**