First list off five things you value in life.

Then, name five aspects of your metaphor.

Afterwards, connect the values in life to the aspects of the metaphor, one for one.

Write one page presenting your metaphor, and explain why the value in life connects to the aspect of the metaphor.

For example, If my metaphor is *Life is Light*, then some aspects of this metaphor may be: feeds plants, warms the earth, shines through clouds in streaks, creates a rainbow when it has rained, bright, yellow, sunsets, etc.

One thing that I value in life is helping other people. So, the aspect of my metaphor that would be best fit with my value is warms the earth.

After this step, I will now write my one page. For one value, I could explain that helping other people warms the earth. This act goes against self-centeredness and selfishness, which can be considered the opposite, cold. The challenge in life is to fight this coldness or rather hardness of heart that puts self over other peoples’ interests. It is so easy to take this route, to stay in the dark (the cold), if you will. In order to warm the earth, people need to be the light and meet needs of others. A life lived for oneself provides nothing of lasting value, it is cold and dead, lacking care.