

# NUMBERING YOUR DAYS

THE ULTIMATE CONFIDENCE COURSE USING THE POWER OF ASKING BY BARDI TOTO DRAKE



## WORKSHEET 5 NUMBERING YOUR DAYS

What does it mean to count our days? It's not the ability to count how many days we have lived or to predict how many days we have left. Numbering our days means realizing the brevity of life. It means knowing that we only have so many days on this earth, and therefore, we want to "seize the day," living each day to the fullest.

However, to develop this life perspective, it can be useful to grasp a 'rough' idea of how many days we might (roughly) have left to live! Because once we know this, the final decision is ours in relation to how much longer we're willing to hold ourselves back in life due to low confidence or self-esteem.

Qu) If you live to age 80, how many days do you have left to live?

(80 minus your current age multiplied by 365)

80 - Your Age x 365 = How many days you have left to live. 80 - \_\_\_\_\_ x 365 =