

# To let go of others' values and get our own Time Scale Mapping of Dreams and Worries

- (1) You think of your dreams and the worries you have now.
- (2) Plot them along the timeline with priority in the graph. Prioritize more things you feel: "Someday, I want to do it."
- (3) You think in terms of the longest span. You will understand that everything we do will be wasted in the future.

- (4) Then, you pick a thing you want to do in your life, even if it will be wasted. Short-term satisfaction is also okay. That is the most meaningful thing for you now.
- (5) Repeat the previous step several times. Then, you return your perspective from the longest span to your life span.
- (6) You will notice that you are less worried about others' value and feel more about your own.

