

5 LESSONS

learned when reflecting on your life story

In our conversation with Karyn Nancarvis, Karyn talks about the lessons she learned by reflecting on her life story. We offer these methods to help you gain a deeper understanding and appreciation of your life story, leading to purposeful living and meaningful connections with others.

TIP 01

Tell Your Story:

Sharing your story repeatedly can help you see it with new eyes and understand its significance.

TIP 02

Identify Pivotal Moments:

Reflecting on key moments in your life can reveal how they have shaped you and your values.

TIP 03

Appreciate Your Journey:

Giving yourself permission to tell your story and appreciating the journey can bring healing and gratitude.

TIP 04

Engage in Storytelling:

Storytelling is a powerful way to pass along values and navigate life, transforming your perspective and interactions with others.

TIP 05

Reflect on Legacy:

Consider the impact of your life on your family and community, focusing on values and passions rather than material legacy.



If you find these tips helpful feel free to share them with friends, on social media, in presentations and shout them from the roof tops.

We can change the world if we pursue *Purpose in Retirement*.

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