

5 WAYS to Reflect on Your Life Story

In the teaching for the first session of the Wisdom Course, Scott discusses a framework that can help you understand the wisdom in your story. We offer the following steps for reflecting on your life story.

If you are following along virtually, you will want to draw your constructed world and then write a one to two-page narrative about it. If you are one of the first six people to [email \[info@garden-spot-communities.org\]\(mailto:emailinfo@garden-spot-communities.org\)](mailto:emailinfo@garden-spot-communities.org), you can get direct feedback from Scott through 2025. You will also want to read pages 11-86 of [The Well-Lived Life by Gladys McGarey](#) and think about how she tells her own story. You will also want to listen to [podcast #24 of Purpose In Retirement](#). In this podcast Steve Lindsey and Conrad Kanagy talk about the inspiration of the Wisdom Course.

TIP 01

Constructed World.

This is the world we were dropped into—the time, location, family dynamics. This constructed world is unique to each individual and shapes their worldview.

TIP 02

Objectification.

This is the ability to see things that are other than us—the things around us: trees, our house, books—and see them as objects.

TIP 03

Internalization.

Internalization is when we take the objects and create meaning. For example, the Native American culture sees trees as a living being to be celebrated—not just wood to burn or to use.

TIP 04

Absolutization.

This is acknowledging the beliefs in our lives that have become absolute. What are those absolute truths that we hold dear? The Wisdom Course won't change these, it will just make us aware.

TIP 05

Renovation & Regeneration.

This allows us to evaluate the things we have uncovered about ourselves in the first four steps and discover the wisdom gained through our life experience.



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*.

Listen to our podcast online: garden-spot-communities.org/podcast