

5 WAYS to Understand Your Constructed World

Tom Ulrich, a Garden Spot Village resident and participant in the Wisdom Course, reflects on his Constructed World. Based on his conversation with Juanita and Scott we offer these five tips. The five tips will guide you through this journey, helping you gain deeper insights into how your life events, relationships, and emotions have shaped your unique perspective, ultimately leading to a more profound understanding of yourself and your place in the world.

TIP 01

Reflect on Your Experiences

Consider how your life events have shaped your perspective. Reflecting on your experiences can provide valuable insights into your constructed world.

TIP 02

Identify Influences

Recognize the people and circumstances that have influenced your worldview. Understanding these influences can help you see the connections between different aspects of your life.

TIP 03

Acknowledge Your Feelings

Pay attention to how different events and experiences made you feel. Emotions play a crucial role in shaping your constructed world, and acknowledging them can lead to deeper understanding.

TIP 04

Trust the Process

Embrace the journey of self-discovery and trust the process. This involves being open to new insights and allowing yourself to explore different facets of your constructed world.

TIP 05

Document Your Story

Writing down your experiences and reflections can help you organize your thoughts and gain clarity. This practice can also serve as a valuable resource for sharing your constructed world with others.



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: gardenspotcommunities.org/podcast