

5 WAYS to Chart the Course of My Life

In this Episode, Scott offers the second teaching of the Wisdom Course—an exercise in Charting the Course of your Life and Looking at the Faces in Your Mirror. These five tips can help you begin to chart the course of your life and understand the ways that your journey has unfolded over the years.

TIP 01

Name the physical landmarks.

What are the physical landmarks that left a mark on your life? Is it your childhood home, a place of worship, the home of a family member or friend? How do memories of these landmarks feel?

TIP 02

Name the philosophical landmarks.

What are the core events that you carry with you? Is it graduating from college? Landing your first job? Getting married? Having children? How do memories of these landmarks feel?

TIP 03

Name the encouraging faces in your mirror.

Who are the people who encouraged you on your journey? Who walked alongside you during good times and difficult times? How do memories of these faces feel? What did they teach you?

TIP 04

Name the discouraging faces in your mirror.

Who are the people who were the naysayers? The ones who discouraged you or said you were not worthy? How do memories of these faces feel? What did they teach you?

TIP 05

Name the heroes in your mirror.

Who were the people you looked up to? Did you know them personally or did you watch them from afar? Did you read about them? How do memories of these faces feel? What did they teach you?



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.

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