

# 5 WAYS to Understand Your Constructed World

Janie Martin, ForgeWorks Dementia Educator and Consultant, joins Scott and Juanita for this episode. Janie reflects on her constructed world and how the faces in her mirror have shaped her life experience. Use these tips to reflect on your constructed world and how the place where you grew up shaped you.

## TIP 01

### **Physical location.**

Describe the physical location where you lived in your formative years. Did you live in the city or the country? How did that location affect your view of the greater world?

## TIP 02

### **Time in history.**

We are all born at a specific point in history. How did the events of the world in your formative years affect you? Was there war? Peace? Civil unrest? What were the national and international events that affected you?

## TIP 03

### **Family structure.**

How did the family you were born into affect you? What was your family structure like? Did grandparents or aunts and uncles speak into your life? Were there other adults who influenced you?

## TIP 04

### **Community.**

What was your neighborhood like? Did you have neighbors close by? Did you interact with them? Were you involved in a church family or civic organizations?

## TIP 05

### **Faces in the mirror.**

Who are the faces in your mirror? Are they still living? What are the encouraging words they say to you? How did they influence you throughout your life?



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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