

5 STEPS for Digging in Your Basement—Part 2

Alan Dinning, Garden Spot Village resident, reflected on the work he's been doing as he's been digging in his basement. As he reflects in the podcast, "I think the process of putting my story together—to me—is going to be more valuable than even writing it." In other words, the reflection, the time digging and the preparation to write have helped Alan think in new ways about his life experience.

TIP 01

Digging takes time.

Digging in your basement for the sake of digging isn't always the best approach; dig for purpose and meaning as you reflect on the experiences you are remembering.

TIP 02

Look for specific memories.

As you weigh each box in your metaphorical basement, think about how the memory affected you. Does it reflect a pivot point?

TIP 03

Look for themes.

As you reflect on your life experience, do themes emerge for you? Can you see constants in your life, whether the constant is people, life work, faith?

TIP 04

Look for purpose.

Is your life purpose emerging as you dig? Has it changed over time? How have you responded to that purpose, whether in action or inaction?

TIP 05

Keep digging.

As you begin to reflect on life experiences, more and more memories will continue to come to mind over time. Keep weighing those memories and the ways your experiences affect you today.



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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