

5 TIPS for Embracing Your Story

In today's teaching, Scott talks about the role of Pivot Points in our lives—and how Orientation, Disorientation and Reorientation affect our life experience. When we recognize the Pivot Points and the Throughlines in our life, we can share the Wisdom we've learned.

TIP 01

Pivot Points.

These are the moments where we recognize a change. Often, Pivot Points happen due to external forces--a job loss, the death of a loved one, the loss of an important relationship.

TIP 02

Orientation.

Our Orientation is our "normal." This is where we know our place, our relationships feel good and we know what we want our future to hold. In the midst of a pivot point, our Orientation shifts.

TIP 03

Disorientation.

In the midst of a pivot, we experience Disorientation. If we lose our job, we may also lose our sense of purpose. If we lose a spouse or loved one, we may also lose our sense of identity.

TIP 04

Reorientation.

As we Reorient in the midst of and following a Pivot Point, we identify a new normal, new ways of interacting and new opportunities for defining purpose.

TIP 05

Throughlines.

Who or what are the constants in your life--the steady points in the ebb and flow of life? Is it a family member? A place? A group of people? The presence of this throughline may reveal your source of wisdom.



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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