

5 TIPS

Leaving the Everyday Perspective Behind

In today's teaching, Scott talks about leaving the everyday perspective behind. This approach is about growth, healing, and wisdom. It means moving beyond automatic habits and societal expectations to live more intentionally and compassionately. Each tip is rooted in the transcript's themes of reflection, questioning, and connection.

TIP 01

Question Your Assumptions and Absolutes

Intentionally revisit and challenge your assumptions and absolutes. Ask yourself: What do I believe simply because it's always been that way? This process helps prevent getting "stuck" and opens the door to growth.

TIP 02

Reflect on Your Story as an Outside Observer

Step back from your own emotions and judgments to gain a fresh perspective. By doing so, you can notice patterns, shifts, and moments of equilibrium that might otherwise be overlooked.

TIP 03

Revisit and Reassess Moral Judgments and Stereotypes

Take time to identify these judgments—especially those about different generations or yourself—and consider whether they're fair or helpful. Reassessing them can lead to greater clarity and self-acceptance.

TIP 04

Seek Resolution and Closure for Unresolved Experiences

Acknowledge past events, understand your role, and grant yourself grace. Writing about these experiences and reflecting on them can help you move beyond bitterness and integrate lessons learned.

TIP 05

Embrace Intergenerational Dialogue and New Perspectives

One practical way to leave the everyday perspective behind is to engage with people from different generations or backgrounds. Such interactions reveal common needs and values, broadening your understanding of 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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