

5 WAYS to Live Your Life Fully

In this episode, Dave Givens shares his journey of personal growth, faith, and resilience, highlighting how the Wisdom Course and life experiences have helped him reframe challenges, nurture relationships, and find purpose in retirement. Through storytelling, reflection, and practical advice, Dave encourages others to embrace community, set healthy boundaries, and continue growing at every stage of life.

TIP 01

Embrace Purpose and Community

Find meaning by investing in your family and community. Look for ways to make a positive impact, whether through relationships, service, or new opportunities that align with your values.

TIP 02

Channel Experiences Constructively

Reflect on your life's transitions and challenges, using them as fuel for personal growth. Reframing difficult moments can help you process change and move forward with resilience.

TIP 03

Set Realistic Boundaries

Protect your well-being by limiting commitments to what you can realistically handle. Focusing on priorities and saying "no" when needed helps you maintain balance and avoid burnout.

TIP 04

Have Fun and Build Relationships

Make time for joy and connection with loved ones. Shared experiences, laughter, and play strengthen relationships and contribute to a sense of fulfillment.

TIP 05

Accept Imperfection and Keep Growing

Let go of the need for perfection and be honest about your struggles. Embrace lifelong learning and personal growth, knowing that every stage of life offers new chances to develop.



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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