

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." – Buddha

IMAGINE YOU'RE WRITING A LETTER FROM YOUR 80-YEAR-OLD SELF. WHAT ADVICE WOULD THEY GIVE YOU ABOUT YOUR CURRENT SITUATION OR LIFE?

REFLECT ON A MOMENT WHEN YOU FELT MOST ALIVE. WHAT WERE YOU DOING? WHO WERE YOU WITH? HOW CAN YOU RECREATE MORE OF THOSE MOMENTS?

WRITE ABOUT A TIME YOU TOOK A RISK THAT PAID OFF. WHAT DID YOU LEARN FROM THAT EXPERIENCE?

"Life is what happens when you're busy making other plans." – John Lennon

WHAT ARE THE TOP FIVE NON-MATERIAL THINGS YOU VALUE IN LIFE, AND HOW CAN YOU ENSURE THEY REMAIN A PRIORITY?

CREATE A "BUCKET LIST" OF EXPERIENCES, PEOPLE TO RECONNECT WITH, OR CHANGES YOU WANT TO MAKE THAT ALIGN WITH LIVING MORE FULLY IN THE PRESENT.

VISUALIZE YOUR IDEAL DAY 10 YEARS FROM NOW. WHAT ARE YOU DOING, WHERE ARE YOU, AND HOW DO YOU FEEL? WRITE DOWN WHAT STEPS YOU CAN TAKE TO MOVE TOWARD THAT VISION TODAY.

"In the end, it's not the years in your life that count, it's the life in your years."—

Abraham Lincoln

WRITE ABOUT A TIME YOU STAYED IN A SITUATION OUT OF COMFORT OR FEAR OF CHANGE. WHAT DID IT COST YOU, AND WHAT COULD YOU HAVE GAINED BY MOVING ON SOONER?

REFLECT ON WHAT TRULY MAKES YOU HAPPY. IS IT CONNECTED TO THE THINGS YOU'RE CHASING RIGHT NOW, OR IS THERE A MISALIGNMENT?

IF YOU HAD ONE WEEK TO LIVE, HOW WOULD YOU SPEND YOUR TIME? WHAT DOES THIS TELL YOU ABOUT HOW YOU'RE LIVING NOW?

"You can't go back and change the beginning, but you can start where you are and change the ending." –
C.S. Lewis

ARE THERE RELATIONSHIPS IN YOUR LIFE THAT DRAIN YOUR ENERGY RATHER THAN UPLIFT YOU? WHAT STEPS CAN YOU TAKE TO ADDRESS THIS?

WHAT HAVE YOU ALWAYS WANTED TO DO BUT HAVEN'T, AND WHAT'S HOLDING YOU BACK?

HOW WOULD YOU DESCRIBE THE LEGACY YOU WANT TO LEAVE BEHIND?
