

Your Story

1.) The Return is where your story both begins and ends. It begins because this is the part you get to intentionally design. It ends because, well, all stories end. And then they begin again. What kind of elder do you want to be? Think carefully about the traits and qualities you would like to be known for at the end of your life and write them down.

2. What might you start to do now to ensure that you feel like there's a place in the world to which you belong? What practices could you develop that help ground in that place?

3. How mindful are you of how you treat the elders you know? Is it the way you would like to be treated at that stage of life? How could you deepen your appreciation of what elders have to offer?

4. After you read the section that follows, consider writing your own “Future Perfect.” Not just how you want your life to be, but also what kind of world is required to make that possible? There are as many possibilities as there are stars.....which ones call to you?