

Exercise # 1: Try to visualize your eightieth birthday or fiftieth wedding anniversary. Describe it, where is it, who is there, what are we eating, how are the people acting.

Exercise # 2: Use your unique human endowments to explore each of the needs and capacities in your life. A need is something that you are dependent on and a capacity is something that you are able to do now.

Exercise # 3: Answer these questions

- What do I feel are my greatest Strengths?
- What strengths have others who know me well noticed in me?
- What do I deeply enjoy doing?
- What qualities of character do I most admire in others?
- Who is the one person that has made the greatest positive impact on my
- Life? (Other than your mother and your brother?)
- Why was that person able to have such a significant impact?
- What have been my happiest moments in life?
- Why were they happy?
- If I had unlimited time and resources, what would I choose to do?
- When I daydream, what do I see myself doing?
- What are the three or four most important things to me?
- When I look at my work life, what activities do I consider of greatest
- worth?
- When I look at my personal life, what activities do I consider of greatest worth?
- What can I do best that would be of worth to others?
- What talents do I have that no one else really knows about?
- Though I may have dismissed such thoughts many times before for various
- reasons, are there things I feel I really should do? What are they?
- What are my physical needs and capacities?

- How satisfied am I with my current level of fulfillment in the physical
- area?
  
- What quality-of-life results do I desire that are different from what I
- now have in this area?
  
- What principles will create those results?
  
- What are my social needs and capacities?
  
- How satisfied am I with my current level of fulfillment in the social
- area?
  
- What quality-of-life results do I desire that are different from what I
- now have in this area?
  
- What principles will create those results?
  
- What are my mental needs and capacities?
  
- How satisfied am I with my current level of fulfillment in the mental
- area?
  
- What quality-of-life results do I desire that are different from what I
- now have in this area?
  
- What principles will create those results?
  
- What are my spiritual needs and capacities?
  
- How satisfied am I with my current level of fulfillment in the spiritual area?
  
- What quality-of-life results do I desire that are different from what I
- now have in the spiritual area?
  
- What principles will create those results?
  
- Where do I see my physical, social, mental and spiritual needs and
- capacities overlapping?
  
- What are my important roles in life?
  
- What are the most important lifetime goals I want to fulfill in each role?

- What results am I currently getting in my life that I like?
- What paradigms (world views) are producing those results?
- What results am I currently getting in my life that I don't like?
- What are the paradigms that are producing those results?
- What paradigms would produce better results?
- What would I really like to be and do in my life?
- What are the important principles upon which my being and doing are based?

Exercise # 4:

a) Take on minute answer the following question: "If I had unlimited time and resources, what would I do? Don't be afraid to dream. Unlock possibilities. Write down everything that comes into your mind."

b) Take on minute and write down your values. Below is a partial list that might help stimulate your thinking. Peace, wealth, good health,

c) Take on minute and go through your list of values, identifying the top five.

d) Take a few minutes and compare your list of five values to your dreams. You may find you're living with subconscious dreams that are not in harmony with your values. You may dream of living the life of Indiana Jones, but you don't really value the idea of crawling through cobwebs and sleeping with scorpions. If you don't get your dreams out in the open and look at them in the cool light of day, you may spend years living with illusions and the subconscious feeling that you're somehow settling for second best. Work on the two lists until you feel your dreams reflect your values.

e) Now take on minute and look at your values as they relate to the four

fundamental areas of human fulfillment. Do they reflect your physical,

social, mental and spiritual needs and capacities?

Work on your list until you feel they do?

f) Finally, take on last minute to answer this question: "What principles will produce the values on my final list?"

Exercise # 5: If you keep a journal, review what you've written over the years. Look for "mountain top" insights you may have had. Look for repeating patterns that may not have been obvious from day to day. Try to identify and write down values and directions.

Exercise # 6: Use Lewin's Force field Analysis model to identify where you want to be, where you are now, and the factors that are working for and against your effort to change.

Consider the following questions:

What is the ideal situation? how would I spend my time? What would be the results?

What is my current situation? how do I spend my time now?

What are the specific factors that keep me from the ideal? What can I do to weaken or remove them?

What are the specific factors that move me toward the ideal? What can I do to strengthen or add to them?

Exercise # 7: Use a chart to look at your life over a period of time. In a day of increasing life expectancy, there can be several seasons to life. Retirement now brings with it a realistic expectation of twenty years or more, opening the door to the possibility of a second career that can add great meaning to life. Often the second career is more of a choice than the first. Experience, resources, and opportunity open many doors that were previously closed.

This exercise is an excellent one to go through with your spouse if you're married. You may be thinking of a second career as a patron of the arts living in a downtown condominium, while your spouse may be planning to purchase a hours ranch in Montana.