



Finding Our Way: a Workshop on Self Re-Discovery

WEEK 4

Osher Lifelong Learning Institute at George Mason University

October 2016

Volunteer Instructor: Anne Drissel

Week 4 – Living Masterfully...

➤ Member Sharing

- Celebrating insights and progress
- Progress report
- New discoveries
- My Plan....

➤ Summing-up the Workshop

- Committing to our Plan
- Key Disciplines
- Establish and maintaining “right attitude”

➤ Close:

- Ideas for Follow-through homework and self-monitoring
- Evaluation comments
- Next options – ideas for the future....

Member Sharing with the Group --

My Plans

My Commitments

My Learnings and Discoveries

Life Way Finders Commit to ~~

- ▶ Constant learning
- ▶ Maintaining and upgrading tool kits
- ▶ Finding and studying with the best teachers, mentors, guides
- ▶ Finding my “Tribe” – expanding circle of friends
- ▶ Committing to daily practice – get organized; stay organized; DO
- ▶ Continually monitoring progress (“How am I doing?” “What needs changing?”)
- ▶ Commitment to mastery
- ▶ Ongoing maintenance and upgrade of goals and skills
- ▶ Response to serendipity → “now what!” Seize opportunities

BE the Dreamed Self!

You don't have to be a professional writer to be a Writer
Writing is a PROCESS, not a product!

- ▶ To be a writer: just write – every day
- ▶ To be a painter: Just paint every day
- ▶ To be a gardener: Do some gardening every day
- ▶ To be a mountain climber: Walk and exercise like one every day...

Maintain Right Attitudes

- ▶ Your “grown up Self” wants engagement – adventure – “MAGIC”
- ▶ Get comfortable with being uncomfortable:
 - ▶ Would I...?
 - ▶ What if...?
 - ▶ Could I...?
 - ▶ Should I...?
- ▶ You won't know if you don't check it out!
 - ▶ Do stuff you've never done
 - ▶ Visit places you've never visited
 - ▶ Get to know new kinds of people
- ▶ WHO CARES whether you're perfect at first!
 - ▶ Nobody's testing you!
 - ▶ Your life doesn't depend on the results

Take ACTION EVERY DAY

- ▶ I will take care of my body
 - ▶ I will exercise* six days a week
 - ▶ I will do serious aerobic exercise* four days a week
 - ▶ I will do serious strength training* with weights, two days a week
- ▶ I will eat healthy foods
- ▶ I will spend less than I make
- ▶ I will care – about myself, my family, my community – and what I’m doing today
- ▶ I will connect with others
- ▶ I will keep my commitments
- ▶ Today I will do my “Next Things”


** Reminder to check with your doctor re exercise*

Concluding thoughts...

- ▶ Life is exciting
- ▶ We need to “spend” our precious time on Earth well by living fully
- ▶ Living with Purpose and Intention enables us to live “out loud” – no missed opportunities

Plan → Prepare / Do your homework →

Practice → Do/Be → Celebrate



**Keep Way Finding ~~
You never know what's around
the next bend!**

Time to Fill out Comment/ Suggestion Card

1. Did this Workshop fulfill your expectations? (scale 1 (low) to 5 (high))
2. What was the most important learning you gained from this workshop?
3. Do you recommend a repeat of this workshop at OLLI? Elsewhere?
4. What new workshop or seminar subject (in this general “personal development” area) would you be interested in?

Suggested Readings

- Agus, David, and Kristin Loberg. *A Short Guide to a Long Life*.
- Arrien, Angeles. *The Second Half of Life: Opening the Eight Gates of Wisdom*. Boulder, CO: Sounds True, 2005.
- Bach, David. *Smart Women Finish Rich: 9 Steps to Achieving Financial Security and Funding Your Dreams*. New York: Broadway, 2002.
- Crowley, Chris, and Henry S. Lodge. *Younger next Year for Women: Live Strong, Fit, and Sexy -- until You're 80 and beyond*. New York: Workman, 2007.
- Crowley, Chris, and Jen Sacheck. *Thinner This Year: A Younger next Year Book*.
- Crowley, Chris, Bill Fabrocini, and Henry S. Lodge. *Younger next Year: The Exercise Program*.
- Frankel, Bruce. *What Should I Do with the Rest of My Life? True Stories of Finding Success, Passion, and New Meaning in the Second Half of Life*. New York: Avery, 2010.
- Gill, Brendan. *Late Bloomers*. New York: Artisan, 1996.
- Leider, Richard, and Alan M. Webber. *Life Reimagined: Discovering Your New Life Possibilities*.
- Plasker, Eric. *The 100-year Lifestyle*. Avon, MA: Adams Media, 2007.
- Schlossberg, Nancy K. *Retire Smart, Retire Happy: Finding Your True Path in Life*. Washington, D.C.: American Psychological Association, 2003.
- Smith, Keri. *Living out Loud: Activities to Fuel a Creative Life*. San Francisco: Chronicle, 2003.
- Sully, Susan. *The Late Bloomer's Guide to Success at Any Age*. New York: Quill, 2000.
- Thomas, William H. *Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life*.
- Trafford, Abigail. *My Time: Making the Most of Bonus Decades after 50*. New York: Basic, 2004.
- Trafford, Abigail. *My Time: Making the Most of the Rest of Your Life*. New York: Basic, 2004.

Presenter/Volunteer Instructor

Anne Drissel

Anne Drissel completed successful careers as wife/mother and designer of costumes, houses, buildings, organizations, and information systems. She was a federal, state, and local healthcare planner and administrator and a private sector and federal IT system designer and business architect.

Now yoga and cardio groups have replaced daily commuting time. Art classes, piano practice, and chorale singing have replaced business meetings. Spur-of-the-moment out-of-town excursions and extended international trips have replaced short day hops. She wonders whether her Inner Gypsy needs to be untethered again....

She continues her passion for living at the “front edge of the wave” as a *certified leadership and lifestyle coach* and a student of the art of living life to its fullest.

•Contact Anne at drisselab@gmail.com

•Phone (cell) 301-908-5041