Finding Our Way: a Workshop on Self Re-Discovery

**Osher Lifelong Learning Institute: Fall 2016**

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**Practices recommended during our 4 weeks together:**

These “old standbys” will get you moving:

* **Write/Journal Daily** (model: Julia Cameron’s “Three Pages a Day in “The Artist’s Way”
  + Get the juices flowing each day (preferably morning) ~~ Just write! Anything! Whatever comes to mind! But fill THREE pages.
  + You can also write as an “internal dialog” with aspects of yourself
* Take yourself out on a weekly **“Play (Recreate) Date”**
  + What does your fun-loving self want to do for “play”? Just do it!
* **Take a walk**. Notice the world around you Listen. Watch. “Smell the roses”
* **Take care of yourself**
  + Exercise; eat well
  + Stay connected; no “hiding out”
  + Keep an eye on your spending
  + Rid yourself of “clutter” (… anxiety.. worry … negativity .. Pessimism…)

**Week 1 Homework #1 - Task: Create a Key Event Lifeline of your life to date… Assess key events**

* **EVENT LINE:** On the horizontal line: **Mark significant points/dates** and **name the “event”**
* **EVALUATION LINE:** On the vertical line: **Set a mark for extent the “event” was deemed positive or negative**. Setting the horizontal line as “0” point, mark 5 points above the line and 5 points below the line.
  + Above the line: the marks +1-5 stand for “positive” experience or those deemed “happy”/advancing your positive life experience in the world
  + Below the line: the marks – 1 to -5 stand for experiences deemed “negative” or not what had been expected or hoped for or deemed “unhappy” or not advancing positive experience in the world
* For each “event” on the horizontal line – mark where it ranks on the +/- scale.
* Connect the dots…
* Notice the pattern that is formed --- Does it offer any insights?
  + Incompletions?
  + Paths started but not completed?
  + Paths “blocked” by life experiences
  + Opportunities grasped? Missed? Not noticed?
  + Overall “satisfaction/dissatisfaction” pattern?
* What “going forward” insights can you gain from this review of the past?

**Week 1 Homework #2 – Discover your hidden wishes and incompletions….**

**Turn on some music. Get out your notebook and start making some lists. *Don’t be stingy – make LONG lists: #10 ~ #20 ~ #100 things! And leave room to add to the lists****!*

* Things I love … Things I wish I had done but haven’t (yet) …
* Things I started but quit/didn’t master (yet) ….
* Things I’d like to try/do, now that I have time…
* Things I must do NOW, because I don’t have infinite time ahead…
* If nobody were watching (or having an opinion about it), I’d …..
* Things I see others doing that I envy but tell myself “it’s too late but…”
* Things that surprise me – that “get my heart pounding with unexpected excitement”

**WHAT EXCITES YOU ABOUT THESE LISTS? WHAT DO YOU NOTICE?**

**What has held you back doing these things? What disappointments do you remember?**

**Who stole/crushed your creative innocence? How? When? Why?**

***Bring the notebook to class and be prepared to share some insights (if you feel comfortable)***

**Mid-Week reflections ….October 14, 2016**

*Hello my fellow Way Finders*.  Hopefully you’ve taken some time to write down thoughts each day and enjoying a “play date.”  And hopefully you’ve had a chance to create a lifeline and jot some thoughts on those “lists”.  In case you’re feeling “stuck” about “what do I want to do?” and “Why don’t I just get on with it?” here are some questions you might explore as you look at choices you’ve made along the way

* Am I OK with how I’ve led my life up until now?
* Is there anything I missed?
* Is there anything I wish I hadn’t done?
* Is there anything I wish I had done?
* Do I still hold feelings about these negative/ failed events?
* Do I keep bringing them up and beating myself up about them?
* What costs me in doing that? What benefits me in doing that?
* What can I do to forgive and forget these earlier choices? How can I let them go?
* Can I desensitize myself about this…. No longer regretting the choice or mourning missed opportunity?
* If I had taken that path where might it have led?
* Might I be better/ worse off?
* What would I have missed had I not gone down the path I chose?

**Imagine yourself in earlier years on your Life Path.  You face a fork in the road – a choice point.  At first Path 1 excites you but after thinking it through, you decide to take Path 2 instead. Now here you are:  A Path 2 Person, looking back at “what might have been” if you had taken Path 1.**

* Is the person I am now stuck in a Path 2 identity – while secretly yearning for Path 1 or possibly wondering about a not-yet visible Path 3?
* Are there things that the Path 1 Self might be doing now that my Path 2 Self would not do or is not likely to do?
* Dare I put on a Path 1 costume (to disguise my Path 2 self) and “try out” that Path 1 possibility?
* What qualities did my Path 2 self learn along the way that a possible Path 1 Self would need to acquire:
  + Skills
  + Knowledge
  + Resources
  + Friends
  + Support
* Or is there a Path 3 that beckons?  One I could not have known had I not taken Path 2?

Remember – these are just suggestions! They’re not intended to take over your life. As several in the class said: I’m just DOING/ BEING these ideas – having fun and enjoying the freedom of this phase of my life!