

Finding Our Way: a Workshop on Self Re-Discovery
Osher Lifelong Learning Institute: Fall 2016
Anne Drissel ~ Instructor

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!