

Finding Our Way: a Workshop on Self Re-Discovery
Osher Lifelong Learning Institute: Fall 2016
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RESOURCES OF INTEREST

Excerpt from message to participants between weeks 2 and 3...(Week 3 focus will include conversations on continued personal explorations, getting things done in a complex world, setting and achieving goals ... and spontaneous choices!)

1. Some useful resources from NIH and CDC on Exercise and Fitness. Lots of resources on these sites.

https://www.cdc.gov/physicalactivity/basics/older_adults/

NIH/National Institute on Aging has a useful website: Go4Life <https://go4life.nia.nih.gov/>

2. Someone mentioned in class "Getting Things Done" (GTD) methodology. You can go to their website: www.gettingthingsdone.com

Here's a one page diagram (worth printing out) of their method:

http://gettingthingsdone.com/pdfs/gtd_workflow_advanced.pdf

There are lots of materials on the site that are useful. And of course there's a book you could buy (I haven't read it yet.)

3. AARP has valuable resources on : <https://lifereimagined.aarp.org/>
The focus is "We're all searching for ways to live that are meaningful and true. We need to be doing things that are uniquely connected with what we have to offer."
4. And a Google search on "SMART goals" produces lots of resources on goal setting methods.