**Message to:** Participants in the **Finding Our Way: A Workshop on Self Re-Discovery**

**From: Anne Drissel,** Workshop Facilitator

I look forward to seeing all of you **tomorrow, January 23 at the Reston Community Center at Lake Anne at 2:15 to 3:40 PM.**

* **Workshop Description:**

*As our lives evolve, we must change and adapt to its newness. The self that we were as careerists, achievers, parents, activists, volunteers gives way in our later years to new opportunities. We are no longer driven by new titles, bonuses, winning soccer tournaments, or beating rush hour traffic.*

*Now we have time to get to know the “Me” who has long whispered “Is it my turn yet?” What matters now? Do we remember? How do we discern what “calls” us now? What quiet passions once simmered but we were too busy to notice? How do we retrace our steps and find those “roads not taken” – those dreams we once held that faded over time?*

*This workshop is about discovery. We will take time and thought to notice opportunities missed or not yet explored and consider what once held us back. What would it take to pursue them now? What are we discovering as we pursue new interests, explore new territories? We will notice, reflect, write, compose, create, interpret. And we will share some of our stories with fellow workshop members. Yes, there will be homework! Together we will help each other find and celebrate that unique “Way” that opens new possibilities.*

* **In preparation for our session Tuesday, you might want to give some thoughts to the following ….**

**Ask yourself: “How satisfied am I with these aspects of my life?”**

* Health and Fitness
* Relationships
* Social Life
* Career
* Financial
* Personal Development
* Lifestyle/Quality of Life
* Life Space
* Spiritual
* Contributions to family, society, field of interest, etc.

**How will you introduce yourself to the class group?**

* What attracted me to take this course …
* What I hope to get out of it …
* One thing I’ve done that I’m proud of
* One thing I haven’t yet done that I’d like to do….
* Other introductory thoughts…?
* **Bring to Class (and use at home)**
* Writing/Note-taking materials:
  + Something to write with: Pens, markers
  + Something to write on: Notebook or Journal Book
* Time: for reflection; time to play with ideas and possibilities
* Explorers Mind
* Curiosity
* Openness to sharing our discoveries
* Sense of Fun
* **Our basic approach/”homework” for the next four weeks:**
* Buy a notebook (maybe a 3 ring binder would work best) and a good pen that writes easily
* Adopt a discipline for this month: (*based on Julia Cameron’s “The Artists Way” method*)
  + Write “Three Pages a Day” (Find some good music to play while you’re writing; just write – anything. Nothing special. Just whatever you’re thinking or not thinking….)
  + Take a “Weekly Play Date” (Go somewhere, do something that pleases you – just for the pure fun of it... and go alone…)
  + Go for a quiet “observer” Walk (just look, notice, smell, see, reflect, touch, feel ….)
* Do weekly homework --- complete lists and self-observations. (Complete the suggested lists or self-reviews. Invent your own)
* Come to class prepared to share (what you are comfortable with sharing) and participate in discussions. Bring your notebook/journal or some note-taking materials with you.