



Rocking Chair Life Vision

This is an opportunity to spend some time exploring an alternate reality to the one you are living right now by fast forwarding into the future. It can help you get clear on what is important to you; what you want to spend time doing; who you want to BE and be with.

Set aside 20 minutes of QUIET time to really reflect on this exercise. You need to imagine you are happy and healthy and 90 years old! You are sitting in your rocking chair on a warm summers evening and looking back over your IDEAL life.

- * Who are you as a person? What is it about you that people value?
- * What have you achieved? What are you proud of? What added meaning to your life and gave you a sense of fulfilment?
- * Consider how your life has unfolded in the following areas: Family, friends, partner, career, health (emotional, spiritual and physical), your home, what you did for fun and laughter, what you learned about, what you did for your community, for the wider world or planet?
- * Finally, what can you see around you? What are you feeling? What can you hear? What shows you are truly happy?

The complete picture may not arrive straight away – just start writing and see what happens. Don't rush it – enjoy it!! Once you have finished, reflect on your answers and the following statement:

“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” — Jane Goodall



Notes: