

Rocking Chair Pondering Exercise

INSTRUCTIONS:

- I wonder what your life dream is? This pondering exercise is to help you see the vision you *already have within you* for your life.
- Allow yourself 20 minutes of quiet time to consider this question and write your answer in the space below!
- Don't just answer the questions - let your imagination go, write a story, paint a picture of your life with words.

So, take a moment to REALLY imagine you are blissfully happy and healthy AND 90 years old. You're sitting in your rocking chair and looking back over your IDEAL life.



1. **Who are you** as a person? What is it about you that **people value**?
2. Think about what you've done with your life: What have you **achieved**? What are you **proud of**? What is making you feel **fulfilled**?
3. To help round out your answers you could try considering what you can **see** around you? What are you **feeling**? What can you **hear**? Even what might you be **tasting or smelling** - that SHOWS you're truly happy?