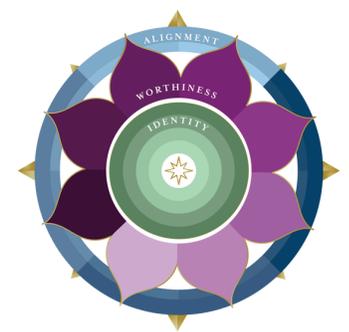




Revisiting Today's Themes

FOOD FOR THOUGHT

Three ideas that age well



Today's talk covered a lot of ground in a short time. Here are three ideas worth sitting with over the next few days and weeks.

1 So much of what we call "our identity" was handed to us or created to meet the expectations of others. One of the joys of midlife is opening to the question, *What would we choose for ourselves?*

2 Achievement asks, *What did you accomplish?* Meaning asks, *What did it express about who you are and what is important to you?* One tends to fade, while the other tends to compound.

3 We can't control everything that aging brings. But rigidity – the slow calcification of our belief systems and openness to change – is a risk we can actually do something about. Curiosity, it turns out, is an effective antidote.

RESEARCH SAYS ...

Based on a longitudinal study conducted at the University College London and published in *The Lancet* in November 2014, researchers found:

- Over 8.5 years, only 9% of people in the highest wellbeing category (highest sense of purpose) had died, compared with 29% in the lowest category.
- People with a high sense of purpose lived an average of two years longer than those in the lowest group.



FROM INSIGHT TO ACTION

THE INNER WORK

- **Name & define your values.** If you haven't done this work already, set aside some time over the next week or so for this exercise. The links in the green field on the right are a good place to start.
- **Take up a practice of stillness.** Meditation, silent walks or retreats, and journaling are all excellent ways to turn your attention inward and become more intimate with your Being.
- **Turn your curiosity inward.** Rather than observing yourself with judgment or analysis, try approaching your inner experience the way you approach something new and interesting. What do you notice? What surprises you?

THE OUTER WORK

- **Begin a daily Meaning Audit.** At the end of each day, write down the things that were most meaningful to you and the things you did that were meaningful to others. After 30 days, notice if and how your sense of life satisfaction has changed.
- **Assume the role of beginner by starting something new.** Things that require the body and mind together (like music, dance, or archery) are excellent for brain health.
- **Practice the art of questions.** When you find yourself in conversation with others, especially those with whom you have a familiar relationship, make it a practice to offer questions rooted in curiosity before offering opinions.

FREE ONLINE VALUES FINDERS

Below are links to two online tools for helping you identify your personal values.

[Values Assessment](#)

[Values Exercise](#)



APPS FOR BEGINNING A MEDITATION PRACTICE

Whether you are new to meditation or returning to it, these apps offer a gentle and accessible place to begin.

[Insight Timer](#)

[The Calm App](#)

[The Waking Up App](#) (paid)

FOR THE CURIOUS & COMMITTED

Prompts for Journaling



INSTRUCTIONS

Set a timer for five to seven minutes per prompt and write without stopping. You must keep the pen moving. If you don't know what to say, write that. Resist the urge to edit or censor yourself. What surfaces when you get out of your own way is often the most revealing thing on the page.

Prompt One:

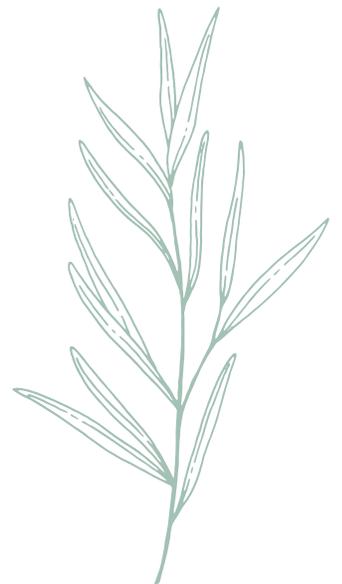
I am the type of person who ...

Prompt Two:

I would like my life to focus more on ...

Prompt Three:

There is a part inside of me that has been waiting for permission to ...





A NOTE OF THANKS

It has been an honor!

Sharing this work is one of the great joys of my life, and doing so with the MEA community makes it all the more meaningful. You are exactly the kind of audience these ideas deserve because you are curious, open, and unafraid of the big questions.

I hope something here has been useful. Take what resonates and leave what doesn't. I trust you to know what is right for you.

If any of this sparked a desire to explore further, I'd love to hear from you. This is the work I do – and I offer several ways to engage with it from private coaching to an intimate small-group program.

Feel free to reach out to me directly at jennifer@3dauthenticity.com.

With gratitude,

Jennifer Wade

FURTHER READING

[Falling Upward](#)

by Richard Rohr

[From Strength to Strength](#)

by Arthur C. Brooks

[Dare to Lead](#)

by Brené Brown

[A More Beautiful Question](#)

by Warren Berger

[Uncertain: The Wisdom and Wonder of Being Unsure](#)

by Maggie Jackson

[Man's Search for Meaning](#)

by Viktor Frankl