



Insight and Inspiration,
Innovation and Vision
For the Developing and
Evolving Self

**INTERNATIONAL INSTITUTE
FOR SELF DEVELOPMENT**

IIFSD.org

Workshop

Aging with Grace

Topics for Discussion

- Grace is all that is positive in life.
- Aging is change
- Aging with grace is living the best life you can, now.
- The charts suggest what to focus on and the big picture.
- Past
- Future
- Present
- What stops us from living the best life we can? It is resisting the facts of the present moment, and avoiding painful feelings triggered by a painful situation.
- Aging gracefully is flowing with the changes of aging by not resisting the flow of time, by accepting what is.

Questions for Consideration

- What brings you pleasure in life?
- What are the challenges of aging?
- What helps you meet these challenges?
- What regrets do you have?
- If this were the last day of your life what would you do? How would you live?
- What is on your bucket list?
- What regrets did you write down? What does this say about what you should add to your bucket list?
- What should you think, feel or do about the past, present or future to enjoy your life?
- What need should you focus on to bring more fulfillment into your life? What should you do to fulfill this need?

