

## WHO ARE YOU?

Imagine you are at your 100th birthday party. You are sitting around the table sharing birthday cake, when a young relative asks you, "What's really important in life?" From the perspective of your 100 years, answer the question by sharing what you think is really important in life, and what's important to you. How does your life reflect these things right now?

## REMEMBER YOUR GIFTS AND TALENTS.

Make a list of four gifts or talents you feel especially comfortable and competent using. It might help to recall what others have said about your talents, such as "She is so creative," or "He is really good with people...."

- 1.
- 2.
- 3.

## CLAIM YOUR PASSIONS. NAME YOUR CHALLENGES.

What excites you about your life right now?

- 1.
- 2.
- 3.

## WHAT ARE SOME OF THE CHALLENGES OF YOUR LIFE RIGHT NOW?

- 1.
- 2.
- 3.

## YOUR ROUTE, YOURSELF, YOUR COMMUNITY.

Realizing that your route will change and evolve based on your interaction with others, write a purpose statement that can guide your actions for the rest of the year. Show how you plan to use your talents and passions to effect positive change—in your own life, and the lives of others.

Sample:

"I want to live a more balanced life this year."

"I want to meet new people and try new experiences."

"I want to volunteer in the community."

"I want to appreciate where I am in the moment."

"I want to take a class that I have never had before."