

WHAT I WANT FOR THE 3RD HALF OF MY LIFE

INSTRUCTIONS

1. The point of this exercise is to think about – and write down – what *you* want (or have always wanted or dreamed about doing) for the 3rd half of your life.
2. This is *your* “desire” list so there are no right or wrong answers. Don’t censor yourself or concern yourself about what’s practical or “right” or what “others” will think – OR things like money, health, or responsibilities. Let your mind go. Allow yourself to be outrageous! If you run out of space – add more sheets!
3. There are no consequences to this list so please . . . *HAVE FUN!*
4. Be specific to the extent that it’s something tangible. For example, rather than “an active life”, specifically describe what that “active life” means to you (Travel? Do volunteer work? Learn gourmet cooking? Gardening? Go back to school? Write a book? Learn to fly an airplane?) Or if you’ve dreamed of doing “nothing”, define what “nothing” means to you (for example, sleeping all day and watching television all night).
5. Having said that, however, don’t get too specific. Don’t get bogged down with things like *how* or *when*. For example, if you want to get a degree, don’t worry about where or when you would apply, how you would pay for it, or even what the degree would be in.
6. Work on your list alone. If others such as a spouse are involved, ask them to create their own list independently. The value of this exercise is for you to clarify what *you* want for the 3rd half of your life, and I find that when people do this exercise with others they tend to “self-censor” – which defeats the purpose.
7. Set a time frame for completing your list (a few days? a week?) – whatever time you need to daydream, reflect and remember.
8. When you’re finished writing your list, feel free to share it – though again, please don’t write it with sharing it in mind. (See #6)
9. If someone else chooses to share their list with you –
 - * Listen with an open mind. Their list is what *they* desire. Therefore, listen to *what* they’re saying and *how* they’re saying it – NOT what or how it’s making you feel, to formulate a response or to change their mind.
 - * Nor is it to change your mind. You may want to add items to your list but please don’t feel you *have* to change your responses to accommodate theirs.
10. Again, please . . . *HAVE FUN!*