

Exercise 1

Approaching Elderhood

1. Deep breaths , get centered. Become as quiet and still as you can.
2. How do I feel about aging? Consider the contexts of your profession, your family, your health, your intellectual life and spirituality.
3. List the negative models of aging you may have internalized from media or older people you have known.
4. List positive models of aging – Have you acquired any traits that are helping you become an “elder?”
5. Try to imagine what it feels like to be that person. Are you respected? Do you feel as if you are a blessing or a burden to others?
6. Visualize going through the day as your ideal elder – by doing this you are seeding your consciousness with expectations of positive growth.
7. Read the Elder Creed.

Exercise 2 – Cycles of Life

For each 'month' identify the following:

Significant Moment

Important People

What they taught you?

January 0-7

February 8-14

March 15-21

April 22-28

May 29-35

June 36-42

July 43-49

August 50-56

September 57-63

October 64-70

November 71-77

December 78-84 (and beyond)