

See me. Know me.

Purpose: thought-starters

Ask yourself these questions:

What gets me up in the morning?

(meeting with friends, volunteering, fighting for a cause, creating...)

What gives me a sense of peace?

(grandchildren, living with integrity, forgiveness, singing...)

What's been formative in my life?

(English poetry, a 1986 tennis tournament, my child died...)

What rituals help me feel connected?

(family dinners, watering the garden, prayer...)