



## Identity

*If the final purpose of aging is character, then character finishes life,  
polishes it to a more lasting image.*

James Hillman

*Recognize what is in your sight, and that which is hidden from you  
will become plain to you.*

Gospel of Thomas

1. This chapter of life ... how is it for you?
2. What's in your toolbox?
3. What have you enjoyed creating?

## Challenges/Opportunities: Live, Laugh, Love

*We don't see things as they are, we see them as we are.*

Anais Nin

*If you don't like something, change it; if you can't change it,  
change the way you think about it.*

Mary Engelbreit

1. How does aging impact our physical and emotional bodies?
2. What kinds of opportunities arise from these changes?
3. What kind of doing/being balance might we create?