

## IDENTIFYING AND RESCRIPTING OUR LIFE STORY

- ◆ What have I learned in each stage so far?
- ◆ Am I living the life I had planned?
- ◆ What has surprised me about life?
- ◆ What story am I currently telling myself about my life?
- ◆ Is there a different story I could tell?
- ◆ What am I grateful for?
- ◆ What does vanaprastha look like for me currently? What is my vision for it?
- ◆ What is my vision of sannyasa? How do I see absolute freedom, living supremely free?