

The Opportunity for Sage-ing® in Community

Adapted From: The Sage-ing® Legacy Workbook

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Begin this exercise by sitting comfortably. Take a few deep, slow breaths and, if you are comfortable, close your eyes as you:

- look back through your life experiences and become aware of a GREAT ELDER whom you have experienced. Perhaps this is someone you have known personally or someone who has served as an important role model.
- **when you are ready**, take a breath and open your eyes

Journaling exercise:

As you hold this person in your awareness, consider the following questions, and journal your responses.

- What made this person outstanding for you? Or memorable?
- How did s/he portray her/his sage-ing?
- How did s/he set a course that was different from what was expected by society?
- What contributions did s/he make to her/his community? Or to the world?
- How was s/he supported, honored, and helped by the community to live a meaningful and vital life?
- What did you learn from the life of that Elder that you can apply to your own life as someone who has the opportunity to change the future of aging?