longevity in action

never act your age

# Group Event: “What Would You Do…?”

Use this space for any personal notes or planning.

Step #1

|  |
| --- |
|  |
|  |
|  |

Step #2

|  |
| --- |
|  |
|  |
|  |

Step #3

|  |
| --- |
|  |
|  |
|  |

Step #4

|  |
| --- |
|  |
|  |
|  |

Longevity in action SESSION   
never act your age

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What step(s) I can make this week toward making my dream a reality?”

“What are some ways in which I can avoid ‘acting my age’?”

**Consider how you would complete these statements:**

“I want to be \_\_\_\_\_\_\_\_\_\_\_\_.”

“I want to feel \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“How old would you be, if you didn’t know how old you were?”*

– Satchel Paige

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |