longevity in action

never act your age

# Group Event: “What Would You Do…?”

Use this space for any personal notes or planning.

Step #1

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Step #2

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Step #3

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Step #4

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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

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