



THE ROCKING CHAIR ACTIVITY..

You're 95 years old and sitting down, rocking back and forth thinking over your time on Earth and how you have spent your time.

Question 1:

Your life's dream simply remains as a dream and only a dream.
The mental blueprint of the way you wanted your life to be just didn't happen.
You missed it and lost out on your goal.
You played life safe, you avoided risk and you certainly didn't take any chances or opportunities.
You spent time witnessing life rather than experiencing life.
You wasn't as productive as you know you could have been and now its too late and theres no turning back.

How do you feel?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

Question 2:

All of your wildest dreams are now a reality and have been for many years now...
Your life is even better then you ever imagined it could be.
You took calculated risks and won.
You made the most of every given opportunity, you lived life.
You utilized your full potential and gave it your best shot You experienced and enjoyed the life you desired.

How do you feel?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____