



## Aged Reflection

Imagine you're much older and looking back at your life. I would think we'll spend some time reflecting on our lives as we age.

- What do you see?
- Are there things you wish you'd done but didn't?
- Did you spend your days making the most of your time?
- Did you capitalize on the opportunities presented to you?
- What was most important to you?
- Did you live according to what was most important to you?



jon howard



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## Aged Reflection

I challenge you to be specific in your responses to the questions from this exercise. If there are questions that come to your mind that aren't asked here, include them in your email to me and answer them. This is your activity, not mine. I'll give you direction but I encourage you to let this activity mold your vision and clarify things for you.



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## Aged Reflection

We've got a lot of life yet to live and the answers to the questions here have yet to be answered. How we will answer them is yet to be determined. We do have time but we do not have an endless supply. Let's make the most of our days so when we look back on our life we can be proud of what we see.



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## Aged Reflection *next steps*

Email me at [jon@jonhoward.co](mailto:jon@jonhoward.co), subject line ***“aged reflection”*** with your response to this activity. I encourage you to think big here. What is most important to you?