



THE ARRIVAL POINT

I HAVE YET TO REACH

A Fulfilled Living Worksheet for adults (ages 65 and up)

My evolved self

(The character qualities and abilities I possess as the result of my life's journey up to this point, which represent my greatest good.)

What wisdom do I have to share?

(The unique experiences, stories and lessons I can give to others that may help them as they progress through life.)



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My best days are still ahead of me!

What are the three most important and positive aspects of my future which inspire and excite me when I think about them?

Giving of myself is the greatest gift I can receive.

In what ways can I help other people with my knowledge and resources (time, energy, money)? How do I want to help make the world a better place (animals, the environment, social issues, community involvement)?



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MY NEXT CHAPTER

What are the next experiences/adventures I want to have that will most contribute to my fulfillment?

My "Grand Vision" (sailboat, recreational vehicle, volunteering abroad, learning a new language/hobby, writing a book)

That one dream sitting on the shelf -

What is the one thing I haven't done yet that is vital to my highest level of fulfillment in life? What three things can I do, starting now, to begin living that dream?

The obstacles...real or imagined -

What could hold me back from living the best life I can imagine for myself? Fear? If so, is that fear real or imagined? Concern about what others may think? The "I'm too old to do that now" trap? Are there any real obstacles to overcome? What can I do to set all obstacles aside, real or imagined, and get on with realizing my dreams?



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MY PERSPECTIVE NOW

What are some things I once thought were important for success, but now can see that they're actually not important for my self-actualization?

What are some things I once overlooked, discounted, or took for granted, which I now know are truly important in life?

How have my ideas of fulfilled living changed over the years? In what ways are my current ideas even more inspiring than the ones I've held in the past?



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MY PURPOSE STATEMENT

Fulfillment at this point in my life is all about _____
_____, and I want to express
that in everything I think, say, and do.

The greatest qualities of the person I have become are
_____.

I want to use the wisdom I've gained from all my experiences to
make a difference for _____ and to
make the world a better place by _____
_____.

What is truly important in my life is _____

_____.

I feel most alive when _____
_____, and I want to connect with that feeling everyday.

MY MOTTO

A short reminder for myself

“

_____”



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A Fulfilled Living Foundation Resource

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