**Questions to Ask Yourself to Create Your Design for Living**

Review the questions in each of the areas below. The questions help identify kinds of concerns you may want to explore in each of the broad areas. Only select the ones that stand out – you cannot address everyone at once. Select those most concerning to you now or in the next year.

Consider what you are already doing and how it is working for you. Decide what you most want to address within each area as you create you own Design for Living. To guide you in focusing your attention as you review each of the areas ask yourself:

1. What do I want to maintain as it is - sustain?
2. What do I want to change, do differently, let go of, or add to my life?
3. What is one step I can take to be who I want to be and do what I can do?
4. Who or what groups or tools can I connect with to assist me along the way?

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| **Areas & Concerns** | **Questions to assist you in selecting concerns** |
| 1. ***VOCATION***
* ***Unique talents***
* ***Commitments***
* ***Legacy\* building***
 | ***Meaning in Life –What gives my life meaning?***1. What is my calling -(vocation) e.g., what do I have to offer?
2. What types of learning and skills enhance my vocation?
3. What are my talents I want to use, improve, or add to?
4. What am I most called to do or contribute?
5. What legacy have I already left or wish to leave for others?
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| 1. **Alone Time**
* **Planning**
* **Health Habits**
* **Patterns of Life**
* **Reflection**
* **Activities**
 | ***What habits and patterns of my life help me:***1. provide time for planning my day or future activities?
2. maintain my physical health (eating, sleeping, moving)?
3. nourish my spirit and emotional balance?
4. arrange & maintain my living spaces the way I like
5. get or keep legal, personal, and financial papers in order?
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| 1. **Relationships**
* **Family**
* **Friends**
* **Acquaintances**
 | ***Family and personal relationship -One to one*** 1. In my family, who do I want to stay in touch with and how?
2. What friendship do I want to maintain or add to my life
3. How much one to one time do I give to other contacts?
4. Who do I wish to spend less or more time with (to reduce stress, share, explore with or enjoy?
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| 1. **COMMUNITY**
* **Groups**
* **Enjoyment**
* **Learning**
* **Beyond Local**
 | ***Participation in local groups and the larger world***1. How much of my time do I spend in group activities?
2. What groups nourish my life and how?
3. What talents or money do I contribute to groups I value?
4. What do I yet want to contribute in time or money to the larger community, state, nation and planet?
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**\***Legacy encompasses much more than material goods. It can be building memories, sharing humor, a saying, or poems. It can be writings, or simply being who we are.

*Think about:*

What did I learn from those who are now gone – about how to be in the world?

How will I be remembered?

How and what have I already given by sharing enjoyments or by being with others?