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A Satisfying Life

What are the essential elements of your life?

What are the elements of a happy (or satisfying, or successful, or complete) life for you? As you think about your next life stage, it is a good idea to keep this question in mind. That way, your new plans will be consistent with your overall life aims. If you're up for it, you can even add in the biggest question of all: *What is the purpose of your life?*

Think about the elements of your satisfying life - work, family, community, friends, travel, finances, health, purpose, whatever it is for you. There's no right or wrong here, but it's worth spending a bit of time thinking about the elements that you need to have in place, even if some of them haven't happened yet.

It may help to imagine that you are at your own 80th or 90th birthday party. Someone close to you is making a speech - what will they talk about?

You can also think of this in connection with your values. For example, think about which of these would make you the most excited:

- making $1 million in your business
- helping others
- receiving an Order of Australia or other award
- spending time with family
- being famous or a celebrity
- having the respect of your peers or community

Mind mapping

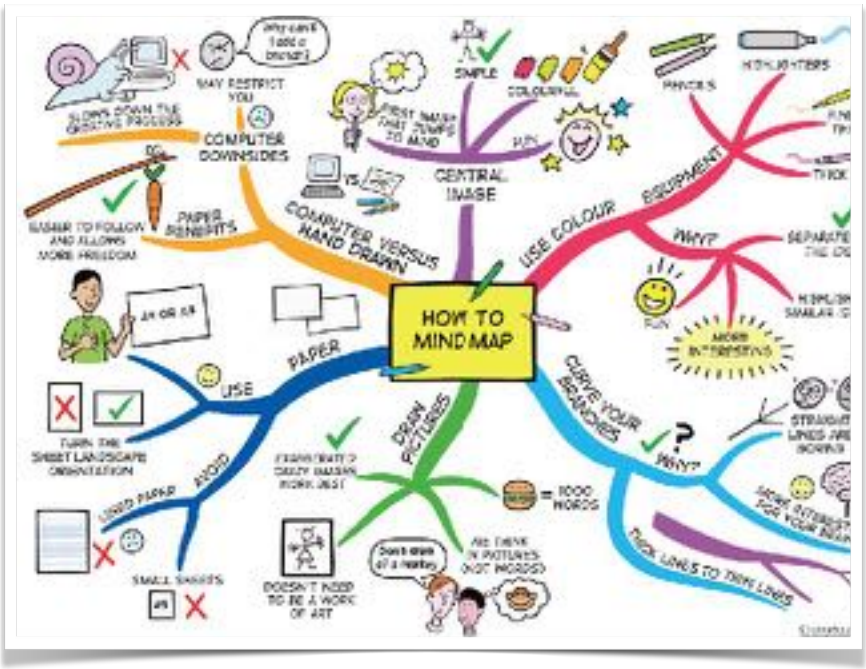
One good way to work with these questions is by doing a mind map of the elements of your happy, successful life. Mind mapping is a deceptively simple, very elegant tool. It allows you to tap into your left and right brains at the same time - to use images and association, logic and intuition, big picture and fine detail all at once. It's a bit like making a street map to your destination. (And it's fun.)

Your map…

In this exercise, you will draw yourself a mindmap of what a satisfying life would look like to you. You will easily find plenty of guidance and examples online, but here are some prompts to start you off:

- Put an image in the centre for the main idea - add a few words that will give your map a focus (‘My Happy Life’, ‘My Meaningful Life’, ‘Satisfying Years’, ’My Successful Retirement’ or whatever).
- Use a colour to draw a branch line out from the centre...add a word or two that relates to an aspect of your life (‘Family’ or ‘Financial Security’ or…).
- Keep to one idea per branch, and ensure each branch connects to the central image.
- Add sub branches to cover further detail about each element
- Draw pictures or symbols to prompt your memory and bring your map alive

You can hang your map up somewhere that you’ll see it every day, or write about it, or just ask yourself the question from time to time, ‘What would it take for me to have a meaningful life?’.



I hope you have found this free resource interesting.

If you are interested in occasional blogposts about getting older, Aussie style, please sign up for my newsletter on my website, where you'll also find more free downloads and other information.

I run workshops from time to time and am happy to come and talk to your community group about flourishing as you age.

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