



## Wellbeing Insight

### Some Observations From My Lived Experience

Having now lived five years beyond my career arc, I take a moment to reflect on some of the things I have learned. Of course, my observations are inherently subjective, but as a keen observer of human nature myself, with an 'almost' obsessive curiosity to know what other humans are making of their lives' journeys, I offer my points for your interest.

Beyond my career, which as an educator in a large institution had 'built in' connections throughout the day, connections and interactions with other humans, have become my responsibility to create. I needed to do this intentionally. Having gone out of my home to work for the predominate part of my life, I didn't know my neighbours. I set about building a sense of a neighbourhood community which included the people I greet on my daily walk, the peace meditation group I've joined and the various groups with whom I share coffee catchups. Add the friendships that I have maintained from my working years, and I now am spoilt for choice. Sometimes I have to turn an invitation down. How lucky am I?

Physical ageing has drawn focus. I am the type of human being that only finds out that they can't do what they used to do when attempting to do it! A case in point is a day spent with my grandson, Sage, aged 21 months. A morning spent in the park — which is truly interactive as his capacity to climb predicts a future extreme sports candidate — results in nap time for both of us! I enjoy referring to our time together as Sage-gym, my version of weight resistance exercise gym for the ageing! Who knew that I could hold above my head a weight of 15 kilograms for several minutes at a time while he held determinedly onto the flying fox bar? Or that I could still go up the slide backwards — my version of balance training!

When identifying my values from the list of Courageous Values for Step 2: The Courageous Step in our book, *My Manifesto*, **meaningful work** was one of my top 5 values. How would this look in my 'encore years'? Very fortuitously, it is the very work I do with Justin as an author/coach/speaker, which is my meaningful work! Each time we have an opportunity to offer our service to others: individuals, parents, principals, leaders, I am in alignment with my values. And thereby lies inner peace.

I now intentionally create meaning for myself (readers of our book may recall me writing of my late onset awareness that I had the right to do this). Fairness and just living are of our own making. Any order or pattern we observe in the universe is nature's or human made. Having identified my manifesto life, as life's events arise, how I respond (not react but respond intentionally) is my choice. I choose my response — to reflect my best self and life which in turn feeds my spirit. I am living into my goodness!



I hope I can interest you in many more of my observations and reframing's as I continue to chart my course.

Have you some of yours to share with me?

Best wishes,  
Sue