

## Lesson 8 - Recap

Your Perspective Determines Your Freedom

- How you perceive the world influences how you live your life, how you interact with the people you meet, and what decisions you make throughout the day.
- Life is like rafting down a twisting, turning white-water river, but what's different today is the length of the trip because of increased life expectancy.
- Because of added life expectancy, we have 30 more years to live than we did a century ago. What are we doing to do with them?

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# Exercises

1. Where are you in the cycle of life?

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2. Do you view your life on the linear life plan, or are you in the process of reinventing yourself?

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3. Are you doing work you love? What would your ideal career be, and what would it take to transition to that?

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4. Do you foresee making a change in your career path in the future? Do you have the freedom to do that?

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