

Before I Go

Sharing Gems of My Life's Journey

My Meaningful Moments
What Mattered Most

Before I Go

The Concept

Oftentimes we don't even realize what we have experienced throughout our lives is of much or any value. We simply write it off as 'just our life'. Yet when we take time to go through the key moments, the highlights, the memories both good and bad we discover some meaningful life wisdom embedded in our 'stories'. A football game with your son, a day at the ocean, a moment with the boss, helping someone out, surviving a tough time, a chance meeting with a stranger all yield wonderful gems of wisdom if only we were to look for them.

This workbook is designed to walk you through a process of personal discovery, actually un-covery. You will be guided to dig just under the surface of your life for diamonds in the rough both small and large that with a little polish can be honed into valuable jewels - gems you can leave behind for those you love and predecease. Gems that won't 'die' with you.

The Process

You will be walked through a graceful process that encourages you to slow down a bit, to make some time for yourself to remember, and to reflect on the life you have lived to date. You will be led to savor memories of places, people, jobs, times, and events. You will be encouraged to look at both wins and losses, the good and the bad, and the happy and sad. You will be encouraged to notice the values and principles you stood by, what you did that worked and what you did that did not work so well. All of this contains life lessons you can choose to leave generously behind, before you go.

The Steps

The steps you will follow are described in basic detail below. Have a read through the process first so you can get an idea of what you will be up to and how the process flows. Read pages 3 & 4 twice so you can fully embrace what is required of you and perhaps you will formulate a plan for yourself by setting aside / scheduling time for each step. Don't respond to these instructions until you have read the entire workbook.

Locating the mine shaft

A successful mining operation depends on knowing where to drill. In this section you will be given **areas of your life** to drill down into. Complete the questions below.

- a) List the ten (10) most influential or important periods of your life and identify those times as work, social, family, or volunteer times.
- b) Notice the places you were living during each of these significant timeframes.
- c) Identify the year(s) these events took place, when they began and when they ended.

Noticing who was with you

Now that we have the locations established, let's see **who was there with you** co-creating the events of those times.

- a) Make a list of the 10 most important people in your life.
- b) Link these folks to the 10 most important times of your life on your Before I Go table.
- c) Notice also if there was a person involved in the event that influenced you and is not on your list of top 10.
- d) What role did each person play? Make up 'titles' for them like good cop, bad cop, instigator, invisible man - use your imagination to nickname the role they played.
- e) What life lesson did you learn from them? List them in point form, we will explore them more deeply in section 4.

Discovering what you felt and what you learned

Life goes by quickly and sometimes so fast we seldom take time to notice how or what we were feeling. We tend to react so quickly we don't recognize the emotions we were experiencing - we go straight to expression or suppression. In this step let's slow it down as you remember the events and play them back in 'slow motion'. Take time to notice what you were feeling. Notice too what you were learning.

a) By each event on your Before I Go table record up to three emotions you experienced during the event.

b) In the next column record a few key words that highlight what you learned.

Reflecting on the deeper life lesson(s)

On this piece of your gems of life walk you will be taking a look at the top ten lessons and prioritizing them. Once you have got them in order of importance you select the top three and circle them on your Before I Go table.

Sharing your learnings in the form of stories

Back in the day elders would teach others by telling stories. We didn't have the multimedia tools then that, to be honest, are a huge distraction for the most part and separate us from spending quality time with our elders. Given that, let's bring this wonderful and graceful way of teaching back to life!

a) Take each of your top three lessons and begin to build a framework for your story. What lesson do you want to share? Who is in the story? How would you begin the story? How would you end it and on what final sentence?

b) Jot your ideas down without editing them, as you would with a brainstorming session.

c) Once you have your notes complete, set them down for a day or two and sleep on them.

d) When you are ready, take your number one item and begin to compose your story. Write like you would speak it. You can even tell your story and record it live first and then transcribe it.

Giving it all away with gratitude

Once you have your story book completed, find 'gift' times you can give it away

at; a birthday, Easter, Christmas, anniversary or a just because day. Give it to your family member or friend as if it is the most special gift you have ever given them, it is after all the gift of you.

The Outcomes

1. **An increased sense of self-value**
2. **An internal feeling of being an Elder**
3. **An overwhelming urge to share your wisdom stories**

Working With The Steps - Getting Down To Business

Locating the mine shaft

On the table below list the ten (10) most influential or important periods of your life and identify those times as work, social, family, or volunteer times. Add the place where you were living and as best as you can recall the year(s).

	The Event	S	F	V	W	Location	Year(s)
1							
2							
3							
4							
5							
6							
7							

8							
9							
10							

S – Social
F – Family
V – Volunteer
W – Work

Noticing who was with you

Make a list of the 10 most important people in your life.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Link these folks to the 10 most important times of your life on your Before I Go table on the next page. Notice also if there was a person involved in the event that influenced you and is not on your list of top 10.

What role did each person play?

Make up 'titles' for them like good cop, bad cop, instigator, invisible man - use your imagination to nickname their role.

Transcribe the information from page 5. Yes it is repetitious and it will help instill these important events, places, and times in your conscious memory as you link them with the 'players' that were there. It brings these memories to life in a visceral way.

Noticing who was with you (cont'd)

	The Event and Type	S	F	V	W	The Person(s)	Role or 'Nickname'
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Before you turn to the next page, review your list a couple of times. Let it sink in and reflect on the events. Notice if any new characters show up, if they do notice if they were important players in the event. If yes, add them to the list by the appropriate event.

Discovering what you felt and why you did what you did

In this step let's slow it down as you remember the events and play them back in 'slow motion'. Take time to notice what you were feeling. Notice too, what you were learning.

Beside each event on your Before I Go table record up to three emotions you experienced during the event. In the next column record a few key words that highlight what you learned.

And yes you are repeating the event list again and it will continue to bring to life the memories of your past.

	The Event and Type	S	F	V	W	The Emotions	The Lessons
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Before you turn to the next page, review your list a couple of times. Let it sink in and reflect on the events. Feel again as best you can what was real and

emotional for you back then. Look again at the lessons you learned and see if there is more depth or clarity.

Reflecting on the deeper life lesson(s)

Now, review your list on page 8 and rank the events in order of impact on your life. Run through your rankings several times until you feel you have them in the right order of priority.

List the top three below.

- 1)
- 2)
- 3)

It is time to collect all the data you have gathered from the tables you have completed. For each of your top three stories.

Story 1

The event and its type. When and where did your story happen?

	The Event and Type	S	F	V	W	Location	Year(s)
1							

Who was there with you and what is their story nickname?

The Event and Type	S	F	V	W	The Person(s)	Role or 'Nickname'

What emotions did you feel and what were the lessons you learned?

The Event and Type	S	F	V	W	The Emotions	The Lessons

Now that you have all the basic information together jot down some simple phrases, some key points, and some sentences that will begin to form your story. It might be fun and helpful to pull out any photographs or memorabilia you have that is linked to this event. Sit with it all for a while and then just simply start writing. At this point don't bother with spelling checks, editing or grammar. Just write and let the words flow. You will have lots of time to edit once you have the basic story down on paper or computer.

Do the same for;

Story 2

The event and its type. When and where did your story happen?

	The Event and Type	S	F	V	W	Location	Year(s)
2							

Who was there with you and what is their story nickname?

The Event and Type	S	F	V	W	The Person(s)	Role or 'Nickname'

What emotions did you feel and what were the lessons you learned?

The Event and Type	S	F	V	W	The Emotions	The Lessons

And for

Story 3

The event and its type. When and where did your story happen?

	The Event and Type	S	F	V	W	Location	Year(s)
3							

Who was there with you and what is their story nickname?

The Event and Type	S	F	V	W	The Person(s)	Role or 'Nickname'

What emotions did you feel and what were the lessons you learned?

The Event and Type	S	F	V	W	The Emotions	The Lessons

Sharing your insights in the form of stories

Now you have a basic format and process for your stories, the rest is up to you. You can add the other seven key events of your life to the first three stories you have framed out, you can create a mini-book, a blog or a series of emails that you can share with loved ones and friends. Hmm perhaps even a video or movie short given our modern technology - a cell phone - will help you do that.

Giving it all away with gratitude

Once you have your story book completed, find 'gift' times you can give it away at; a birthday, Easter, Christmas, anniversary or a just because day. Give it to your family member or friend as if it is the most special gift you have ever given them, it is after all the gift of you.