

Growing up without Growing Old

"A little nonsense now and then is cherished by the wisest men."
-Roald Dahl

Questions to Ask Yourself

- What are you *curious* about?
- What do you *dream* about?
- What do you *love* about what you do?

JOY



People you like

+



Activity that gives you pleasure

Learning who we are and what we want is a



Lifelong process

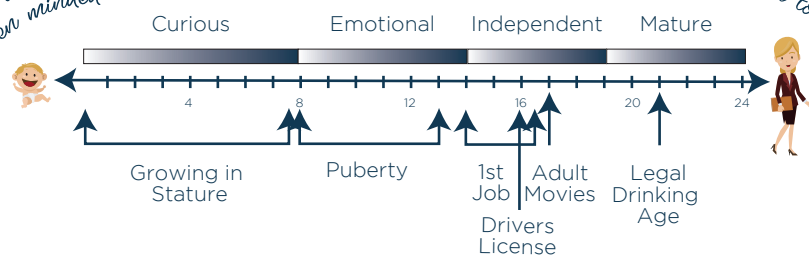
Be a noticer of life,
THEN
Do the scary thing



Whimsical
and
open minded

Childhood to Adulthood

Practical
and
resistant to change



My TOP 5

The 5 Things that Matter the Most to Me

- _____
- _____
- _____
- _____
- _____

Wanna Play?

- Active ★ Expressive ★ Curious
Fun ★ Involved ★ Meaningful
Social ★ Imaginative ★ Therapeutic
★ Voluntary ★



Here's
How



What do kids
wish for their
parents?

↓ Tired
↓ Stressed