Rewarding, Rejuvenating Retirement:  
Purpose & Pleasure Renewed

An 8-week Interactive Workshop Series  
OLLI Boulder  
Tuesdays, September 17 – November 5  
Facilitator: Nan Phifer, author, Memoirs of the Soul: A Writing Guide  
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We'll take off on a grand trek of self-discovery. Explorer-like, you'll bring to light unrecognized resources within yourself. We'll go to a viewpoint from which you can see anew the people who inspired you and the characteristics in yourself that responded to them. Your aptitudes and enthusiasms will become apparent. By means of letters to people in your past and other imaginative writing modes, you'll reveal your positive intentions and your successes.

Our workshop will show you your capabilities and values, the initiative within yourself, your primary concerns, and your longings. As you reflect upon your meaningful experiences and ultimate concerns, you can discern ways to integrate those parts of yourself into satisfying new undertakings and pleasures. Our trek will take you to a panorama from which you'll identify the subjects you care about most, the ways you want to use your time and resources, and a vision of how you may live more fully.

To make speculative writing spontaneous, I provide an array of prompts that enable everyone to ease into scrawled rough drafts without having to stare at a blank page. To do an assignment wrong is impossible. The following tentative, eight-week schedule may be adjusted in accordance with participants' interests:

1. Recognition of attributions and resources within yourself
2. Exposure of positive intentions via playful letters
3. Identification of individually significant experiences
4. Writing of letters to the people who inspired you, letters that reflect the characteristics in yourself that you admired in them

5. Identity of personal, primary concerns, talents, preferred use of time and resources

6. Creation of times filled with gratitude, appreciation, and serenity

7. Ways to go about seeking purposeful satisfactions

8. An imagined, ideal day in your future