

COURAGEOUS AGING

Reimagining Your Best
Possible Future

Personal
JOURNAL

DR. KEN DRUCK



Dr. Ken Druck

Courageous Aging Personal Journal: Reimagining Your Best Possible Future



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This companion journal to the book, *Courageous Aging: Your Best Years Ever Reimagined*, transforms reading into an experiential workshop. Guided by the author, Dr. The Journal also reminds you to aid the kinder, braver, even more loving and confident version of yourself, daring you to venture forwards and perform whatever is necessary to be the better version of yourself. Druck's *Courageous Aging* workshops, coaching classes, and family council meetings in the personal privacy of their very own homes. navigating the problems and possibilities of your interactions with adult kids, aging parents, and companions. Ken Druck, this personal journal allows visitors to handle the self-empowering, life-enhancing queries and exercises from Dr. Completing the *Courageous Aging Personal Journal* enables you to derive maximum benefit from reading the *Courageous Maturing* publication. Chapters 1, 2, and 3 can help you take inventory of what your location is, where you've been, and where you want to go. What's most significant is showing yourself that you're committed and ready to explore uncharted territory. Chapters 4 through 7 will help you clear away roadblocks—whether they're regrets, psychological wounds, losses or denial—and support the joy-inhibiting fears and myths that all too often proceed along with getting older. You'll end up being given the various tools to purge yourself of the youth-worshiping and age-devaluing biases so pervasive in our culture and substitute them with a style of peaceful acceptance. Loving and looking after yourself just when you are sets the stage for part three: continue. This journal can help you do this and meet whatever shows up with courage, curiosity, consciousness, and self-compassion. That means uncluttering your daily life of "stuff," taking care of your medical, legal, and financial future; The journal will become a record of where you are at the moment in your life, everything you imagine will make the coming years gloriously wonderful, and it'll help you summon newfound strength, courage, and consciousness to take action. And finally, in Chapters 12 through 15, you will shift gears and put the psycho-spiritual parts of your house in order. Finish a chapter a week or a chapter per month, or move through the material over a weekend. Producing peace with what is, and also existence's mysteries, you're more inclined to pay out the good in your life forward to your kids, grandchildren, and future generations. Take your time completing this *Personal Journal*. This may involve expressing the full measure of your gratitude for the blessings in your life, forgiving those that wronged and mistreated you (including yourself), apologizing to those you've harmed, coming to terms with the methods your life is usually changing and bravely facing the reality of your impermanence. You'll end up being

invited to complete a Courageous Ageing Self-Audit, recognize roadblocks, and craft a eyesight for your path forward. Chapters 8 through 11 are all about putting your house in order as you enter a new and various phase of life.



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