



## TABLE OF CONTENTS

<b>About the Authors</b>	3
<b>Welcome to the Third Age</b>	6
<b>How to Use the Grower's Guide</b>	9
<b>Assessing your Soil</b>	13
<b>Section 1 How Does Third Age Differ in Focus from Other Ages and Relate to My Life Now?</b>	16
~ <i>Learning the Landscape</i>	16
~ <i>Turning the Soil</i>	18
~ <i>Planting the Seeds</i>	21
• Walking About	21
• Imagining Possibilities	22
• Creating Images for Life	23
~ <i>Laying the Path</i>	24
<b>VISUAL – The Growth Wave</b>	26
<b>Section 2 Experiencing the Process of Transformation for Third Age Thriving</b>	27
~ <i>Learning the Landscape</i>	27
~ <i>Turning the Soil</i>	30
~ <i>Planting the Seeds</i>	32
• Clarifying Your Values	32
~ <i>Laying the Path</i>	36
<b>VISUAL - The Journey of Transformation</b>	39
<b>Section 3 Nurturing Third Age Transformation - #1 – Change Negative Images of Aging</b>	40
~ <i>Learning the Landscape</i>	40
~ <i>Turning the Soil</i>	42
~ <i>Planting the Seeds</i>	43
• Let Positive Replace Negative	43
• Gallery of Elders	44
~ <i>Laying the Path</i>	46
<b>Section 4 Nurturing Third Age Transformation - #2 – Redefine Success</b>	48
~ <i>Learning the Landscape</i>	48
~ <i>Turning the Soil</i>	50
~ <i>Planting the Seeds</i>	52
• Design Your Third Age – Redefine Success	52
~ <i>Laying the Path</i>	54
<b>VISUAL – The 6 Principles / 7 Paradoxes</b>	56
<b>Section 5 Nurturing Third Age Transformation - #3 – Build Identity on Paradox</b>	57
~ <i>Learning the Landscape</i>	57
~ <i>Turning the Soil</i>	59
~ <i>Planting the Seeds</i>	60
• Clarify Your Current Reality Re: The Six Principles	62
~ <i>Laying the Path</i>	62



<b>Section 6</b>	<b>Balancing Mindful Reflection and Risk Taking</b>	64
	~ <i>Learning the Landscape</i>	64
	~ <i>Turning the Soil</i>	66
	~ <i>Planting the Seeds</i>	68
	• Simply Stopping	68
	• Visualizing Your Future	69
	• Values-Based Reflection and Risk Taking	73
	~ <i>Laying the Path</i>	76
<b>Section 7</b>	<b>Developing Realistic Optimism</b>	78
	~ <i>Learning the Landscape</i>	78
	~ <i>Turning the Soil</i>	82
	~ <i>Planting the Seeds</i>	82
	• Let the Planning Begin	84
	~ <i>Laying the Path</i>	86
<b>Section 8</b>	<b>Creating a Positive Third Age Identity</b>	88
	~ <i>Learning the Landscape</i>	88
	~ <i>Turning the Soil</i>	90
	~ <i>Planting the Seeds</i>	92
	• Creating a Third Age Life Portfolio	92
	~ <i>Laying the Path</i>	96
<b>Session 9</b>	<b>Redefining Our Work / Balancing Work and Play</b>	98
	~ <i>Learning the Landscape</i>	98
	~ <i>Turning the Soil</i>	100
	~ <i>Planting the Seeds</i>	102
	• Redefining and Balancing Work and Play	102
	• Crafting Your "Work" Ensemble	104
	~ <i>Laying the Path</i>	106
<b>Section 10</b>	<b>Balancing Personal Freedom and Intimacy</b>	108
	~ <i>Learning the Landscape</i>	108
	~ <i>Turning the Soil</i>	110
	~ <i>Planting the Seeds</i>	113
	• Creating Freedom <i>From</i> , Freedom <i>To</i> , and Freedom <i>With</i>	113
	~ <i>Laying the Path</i>	118
<b>Section 11</b>	<b>Building a More Caring Life</b>	120
	~ <i>Learning the Landscape</i>	120
	~ <i>Turning the Soil</i>	122
	~ <i>Planting the Seeds</i>	124
	• Caring for Yourself and Others	124
	~ <i>Laying the Path</i>	126
<b>Session 12</b>	<b>It's Your Life After All: Stepping into More Purposeful Living</b>	128
	~ <i>Learning the Landscape</i>	128
	• The Wheel of Fortune in Third Age	130
	~ <i>Laying the Path</i>	132