Week I. Authenticity - Coming Home Ourselves

“More and more I belong to myself – it’s taken me all the time I’ve had.” Florida Scott Maxwell, *The Measure of my Days*

Self-Transcending Generosity – Moving Beyond Ourselves

“In the second half of life, it is good just to be part of the general dance. We do not have to stand out, make defining moves, or be better than anyone else on the dance floor. Life is more participatory than assertive, and there is no need for further self-definition.” Richard Rohr, *Falling Upward*

Week II. Courage – Taking Important Risks

“Life shrinks or expands in proportion to one’s courage.” Anais Nin, *The Diary of Anais Nin, Volume 3*

Creativity / Ingenuity – Embracing Uncertainty

“Just as aging is a journey, not an end, creativity is a process, not a product.” Gene Cohen, MD, *The Creative Age*

Week III. Contentment – Befriending Life on Its Terms

“We are fragile creatures, and it is from this weakness, not despite it, that we discover the possibility of true joy.” Desmond Tutu (*The Book of Joy; with the Dalai Lama*)

Compassion – Open-heartedness Toward Others and Ourselves

“One of the greatest blocks to lovingkindness is our own sense of unworthiness. If we leave ourselves out of the circle of love and compassion, we have misunderstood.” Jack Kornfield, *The Art of Forgiveness*
**Week IV. Necessary Fierceness – Standing Up to Injustice**

“[Wise warriors are] respected for their toughness and for their intelligent assessment of people and situations, so they can fight when fighting is called for and seek compromise when that is possible.”  
Carol Pearson, *Awakening the Heroes Within*

**Simplicity - Letting Go, Living Priorities, and Savoring**

“Old age is necessarily a time of relinquishing – of giving up old friends, old roles, earlier work that was once meaningful, and even possessions that belong to a previous stage of life (and) are now an impediment.”  
Erik and Joan Erikson, *Vital Involvement in Old Age*

**Week V. Remembrance – Looking Backward, Living Forward**

“As people review their lives they must mourn ... The ability to work through grief and loss can be liberating and [bring] creative freedom, further development, joy, and the ability to embrace life.”  
Margery Silver, “The Significance of Life Review in Old Age”

**Agelessness - Being Men and Women of All Seasons**

“There is an unspeakable dawn in happy old age.”  
Victor Hugo, *Les Miserables*

**Week VI. Wisdom – Learning, Discerning, Sometimes Engaging**

“Experience is a good teacher, provided we are willing students in the school of wisdom that is human life. Long years bring a rich store of experiences from which we can garner wise understanding, so long as our minds, eyes, and ears remain open, and our hearts, teachable ... (With age) we become better able to see situations as they are, [yet we also] learn that the vast, complex, unpredictable Mystery of life is beyond our comprehension and control. Thus, the Grace of Wisdom is a paradoxical mix of active engagement and detached reflection, clear seeing and humble uncertainty, effective action and holy inaction.”  
Susan Stewart, *Winter’s Graces*