

Aiming Higher-What Comes Next?

Companion Guide

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Medicine and Muse Program

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This supplement to the Aiming Higher conference supports assessing your interests and passions. The objective of this workshop is to connect your passions to your interests. The workshop's emphasis includes mapping your lifecycle, identifying your stakeholders, and revising your purpose statement. Follow-up work by the participants should include extending your lifecycle to mid-term and long-term crests (high points) and potential troughs (low points).

The overall emphasis of the workshop involves the subjects of recharge and self-renewal. According to Frederic Hudson (1999), renewal begins with the individual. Hudson describes the process of self-renewal as peeling skin from a vegetable and opening the mind and heart to the process of connecting your passions to your interests. The self-renewal process begins with a lifecycle reflection and follows with a reevaluation of personal and social beliefs. The participant is encouraged to envision a new future state.

The lifecycle review should not be rushed, as Hudson (1999) describes the internal process of accepting a new set of values that contributes to developing a new identity. This gift of a new identity can bring life without regret as a core value grounded in the participants' crests or high points.

Lifecycle Exercise

This exercise engages the participant, considering their interests and passions in their life. Participants map their lifecycle high and low points and consider all events for the past two or four episodes. A crest or high point and a trough or low point are the elements of an episode. Participants should choose work or non-work-related lifecycle

point that connects to passions, interests, and events worthy of a personal celebration.

Once a participant maps their lifeline, they should be able to answer three questions:

- What are the similarities between the crests or high points of your episodes?
- What are the differences between the troughs or low points of your episodes?
- How do the similarity and differences connect to your passions?

Contributors and Stakeholders

The self-renewal process includes the support of stakeholders, contributors, and a sage(s). The participant is encouraged to list people in each category, considering relationship and commitment. Likewise, reviewing relationships that need investment, divestment, or a neutral state provides the support needed to help you build a new identity. Evaluating these relationships is essential when considering how to reach and achieve your mid-term or long-term goals.

A Sage

A sage is an excellent resource in support of self-renewal. A sage is a person or several people that you trust. A sage opens the path to self-renewal by asking you the essential questions, encouraging self-accountability, and guided self-reflection. A sage can engage and help you envision the future "you". The journey of self-renewal begins at the end of your comfort zone.

A Purpose Statement

As Frederick Hudson (1999) notes, the lifecycle follows periods of a change cycle. Adults navigate thru these periods by adjusting changing patterns to serve their purpose. A purpose statement guides the lifecycles during change and adaption. An individual purpose statement is a compass for an adult to stay on course. The purpose statement should connect to your passions and interests and be aspirational in describing how you will approach your lifecycle.

The Role of Recharge in Supporting Self-Renewal

Following the lifecycle review and the evaluation of the contributors and stakeholders, the participant should begin to map two future episodes. Place a date (year) in future episodes. As the participant begins this process, several questions should be in consideration.

- What will the crest be for each episode?
- What is a trough that you can avoid?

Sometimes a recharge is needed to precede a more significant change in your lifecycle. As we often recharge our cell phones, we also need to recharge our spirits. Recharge, as a step, can be part of your strategy to move towards a larger self-renewal goal. A recharge can involve reconnecting with relationships you are investing in, working with your sage, rehabilitating parts of your lifecycle, or reaffirming your goals using your purpose statement. Recharge is a step toward a personal journey of self-renewal.

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