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Making Meaning of the Past and the Future

Dear CircleTalk™ Colleague,

At some point in our lives, we have all felt adrift as life transitions or major life changes impact our sense of self. The effects on us of the world we live in today may even prompt us to ask ourselves questions like: *Am I engaged enough in my life? Am I disconnected? What's next to look forward to?*

Tapping into our sense of purpose, our life aim and direction, has the effect of grounding us on the inside.

Lack of purpose can feel like confusion, uncertainty or even boredom. To older adults, lack of purpose can be linked to isolation and loneliness. Research on sense of purpose now shows us that people with purpose:

- can better navigate challenges.
- are in better general health.
- are more emotionally satisfied and show slower rates of cognitive decline.



A sense of purpose prepares us for the natural changes and experiences we all confront as we age. Purpose instills a measure of stability in uncertain times.

We love to give circle members the chance to explore these questions with one another. The CircleTalk™ Curriculum leads groups into important conversations to look at life events and to give them more meaning. It is a way of making sense of one's world.

**Here are some examples of how a sense of purpose
can be cultivated by looking back:**

CircleTalk™ Curriculum Circle #2 - *What are the seminal moments in life that shaped you? Let's look at our lived history and share a significant moment or event that you lived through or witnessed. How has this seminal moment informed the way you lived your life?*

CircleTalk™ Curriculum Circle #12 - *If your life could be an open book, what chapter would you put an asterisk next to? What made this chapter formative and important?*

Here is an example of how a sense of purpose can be cultivated by looking ahead:

Here is an example of how a sense of purpose can be cultivated by

CircleTalk™ Curriculum Circle #11 - *If you could describe your “ikigai” (Japanese concept of life purpose), what would that be? In other words, what is the reason you get out of bed in the morning?*

**What is most important?
Staying in the game of life by having ongoing
conversations centered on purpose, meaning and
connection.**

At CircleTalk™, our goal is to listen as circle members tell us the stories of their life, what they have meant and what is most important for the future. These are the “groundbreaking moments” that help us maintain our well-being and a positive outlook on life.

May we always remind ourselves that, in this world of uncertainty, our lives have worth and meaning.

Get Trained to Become a CircleTalk™ Leader!

Join us on September 28, 2021
as we begin another CircleTalk™ Leader Course!

(If our September course dates of 9/28-10/26/21 do not work for you,
we have one remaining course in 2021: 11/9-12/7/21).

Learn the skills and get the [CircleTalk™ Curriculum](#) to create a rich social space and lead the conversations to authentically connect people to each other!

NOTE: We have a few remaining [Next50](#) scholarships.



**Feedback from CircleTalk™ Leaders,
bringing meaning into the lives of older adults:**

meaningful. It is worthwhile.

Myrna, leading circles at The Carillon in Boulder, CO

• I would recommend CircleTalk to anyone in a long term care setting, or to anyone working with seniors, who would like to make a difference to the lives of their residents or clients. Anyone can talk to seniors, but creating deeper, more meaningful connections requires skill. I believe that Circle Talk teaches their leaders how to make a difference in the lives of those within their "Circle".

Jen, CircleTalk™ Leader in Canada

• CT #3 about seeing things from other people's perspectives brought up a lot of things for participants and they were engaged in really rich, meaningful conversation. I am so in love with this process!

Michele, Sr. Activities Specialist at Carolina Meadows in N. Carolina

• Deep meaningful relationships are important for people to enjoy a greater sense of well-being in their lives.

Maryellen, Owner of Hearts in Care, leading circles in Florida

• One of the ways we can positively impact the lives of older adults is to create settings for meaningful connection and a sense of belonging. The curriculum, tools and resources offered in the CircleTalk™ Leader Course have allowed me to do just that!

Karen, Owner of Griswold Home Care in Virginia

For more information and to register [click here.](#)

Open Office Hour for CircleTalk™ Leaders

Join us on Wednesday, 8/25/21, for Deb's "Open Office Hour" from 1-2pm MST for our community of trained CircleTalk™ Leaders to join, hear from each other, and get updated on new ways to hold Circles.

Contact Fawnda@circletalk.org for the link.

Please get in touch and let us know if there are other ways in which

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Warmest regards,
Deb



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