

TEN QUALITIES of SELF-RENEWING ADULTS

by Pamela McLean, Ph.D.

1. VALUE DRIVEN

- ◆ Primary anchors within self
- ◆ Time gets organized around critical priorities

2. CONNECTED TO THE WORLD

- ◆ Care and Communicate
- ◆ Listen and Empathize
- ◆ Networking, Seeking

3. CREATE SOLITUDE AND QUIET

- ◆ Removing oneself voluntarily from one's habitual environment promotes understanding and perspective that transcends day-to-day life
- ◆ KEY PRACTICE AT WORK AND AT HOME

4. GOOD PACING

- ◆ Life is more than work, work, work, do, do, do
- ◆ QUALITY rather than schedules
- ◆ INTEGRITY rather than applause

5. CONTACT WITH NATURE

- ◆ Nature is a dependable source of renewal
- ◆ Use It!

6. CREATIVE AND PLAYFUL

- ◆ Staying alive by taking life in

7. ADAPTIVE TO CHANGE

- ◆ Allowing ourselves to pursue best options

8. LEARN FROM THE DOWN TIMES

- ◆ Learn more from our failures and our down times than from our long and sweet plateaus

9. ALWAYS IN TRAINING

- ◆ Self-renewing adults never stop learning

10. FUTURE ORIENTED