

Reflection Guide

Your Second to Last Chapter Creating a Meaningful Life on Your Own Terms

The Chapters of Our Lives

1. What do you think of when we say life has “chapters”?
2. Describe the best chapter in your life so far; now describe the worst.
3. What chapter of your life do you think you are in now; what are your hopes for this chapter?

Don't Look for It. It Finds You

1. When has something come into your life totally unexpected? Describe what happened.
2. How did you feel/what did you do—or not do--about it?
3. Do you believe that God sometimes puts people/situations in front of us? If so, what do you think we are we supposed to do about them?

The Voices to Hear

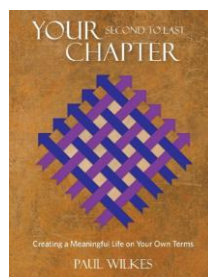
1. Name two or three of the most influential people in your life (the “voices” you still hear).
2. Give examples of one time you did and one time you didn't listen to one of those voices. What was the result?
3. What about your own inner voice? When and how does it speak to you, and how do you respond?

The Wrong Voices to Hear

1. How do you typically respond to people who say: “You can't do that or you're not qualified”? Give an example.
2. Thinking back, have you listened more to the negative or the positive voices in your life? Why?
3. Have you ever been a negative voice for someone else? Describe what happened.

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Selfish Selflessness

1. “Selfish Selflessness” – what does that strange oxymoron mean to you?
2. Give an example of the kind of satisfaction you derive from doing good.
3. Is it always necessary to struggle or endure hardship in order to do good in the world? Why or why not?

Why We Resist

1. What stands in the way of your being the kind of person you know, inside, you really are?
2. When have you changed the most in your life? What precipitated it? How did it turn out?
3. What is the greatest challenge in your life right now and how are you facing—or ignoring--it?

One Example: My Second to Last Chapter

1. Did you have a wild and crazy dream of doing or being something when you were younger? Describe it.
2. Did you or didn't you ultimately live out that dream? Why or why not?
3. In his book, Paul Wilkes talks of his recent volunteer work on behalf of young poor people in India. Can you imagine yourself doing something to make the world a little better place? Describe it, even if it seems impossible.

Some Final Thoughts

1. What was your life's finest hour to date? How do you feel about it? Do you have another one in you? What might it be?
2. Write the key line you'd like to see in your obituary that describes what you did with your second to last chapter.
3. What do you fear most about the next chapter of your life? What are you going to do to overcome that fear?

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