



### Conversation

- 1 What's something you wished but you realized that that had been a waste of time?
- 2 What have you promised but you couldn't fulfill?
- 3 What did Sandra use as a personal example of letting bitter and toxic feelings go?
- 4 When did you last ignore your intuition?
- 5 What's something you regret in your life? Does it matter these days?
- 6 When was the last time you got stuck about something? What did you do to move on?
- 7 What are you actually doing to educate yourself? What example did she give ?
- 8 Have you ever expected retribution from someone but had nothing in return?
- 9 Do you disagree or partly disagree with any of the 10 mentioned topics?
- 10 Besides the mentioned 10 not-to-do things , which ones would you include?
- 11 What are you currently doing to contribute to your quality aging?
- 12 What is your idea about aging with quality?
- 13 Who are the elderly people around you? What are they doing to age with quality?  
What do you think they should do?
- 14 What are your fears and concerns about getting older?



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