

[Examining Your Adventure](#)

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I'm sure you've read this quote before: **"The unexamined life is not worth living."** Socrates said that at his trial for heresy.

Friday is my birthday. In fact it's a particular birthday. I first thought about this one as a kid, **"Someday, when I'm really really old, my birthday will be 11-11-11. I wonder who I'll be, what I'll do, where, how and with whom?"**

Maybe questions like that have prompted me to use my 11-11's through the decades since to do a soft little review of things. In recent years, I've written a one-page exercise to reflect on—and now I offer it to the amazing clients and coaches I work with. (I tend to work with kindred spirits who are as deeply interested in sculpting a great life as I am. You've probably landed on my mailing list because you're like that too.)

This month I'm including my exercise for you use the next time you are inspired to do your own "soft little review of things."

What I know is this. When you find a way of following the moving, growing target of your own "sweet spot", life becomes an adventure. And you begin to experience your own sense of "calling" for your years on the planet.

And that's a blessing.