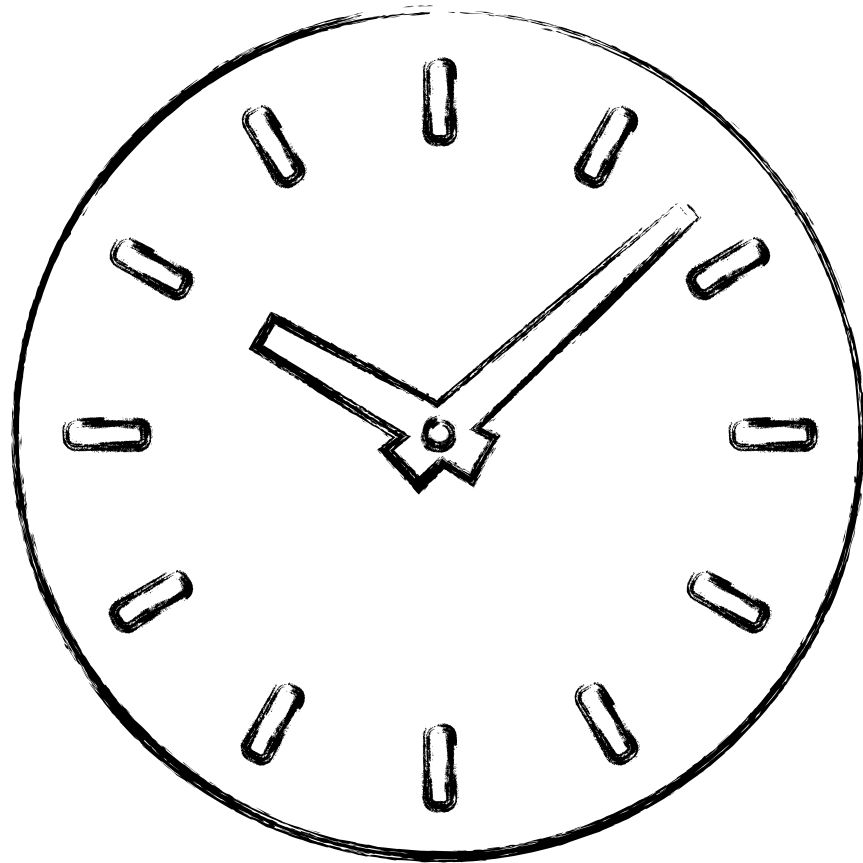


Prompt: Write a journal entry dated 1 year in the future.



Write a journal entry dated 5 years in the future.

Write a journal entry dated 10 years in the future.

At what age do you see yourself passing away? Why?

Are you happy with this result? Why or why not?

Let's take it a step further...

You're granted the ability to live 300 years. What does life look like?

What are the positives?

What are the negatives?



What are things within your control that can contribute to living a long life?