

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain ¹

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1) Share what stirred inside you as you heard or read Mark Twain's Quotation.**
- 2) Tell a story about how your parents or grandparents, as they aged, were able to, or not able to, "throw off the bowlines. Sail away from [their] safe harbor. Catch the trade winds in [their] sails." What did they teach you about aging?**
- 3) Before you die, what is one thing that you would be disappointed you did not do? What is holding you back from doing that one thing?**
- 4) As you age, does it include taking time to "Explore. Dream. Discover."**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ [The Apocryphal Twain: "The things you didn't do." – Center for Mark Twain Studies](#) , (accessed July 4, 2024).