Your objective is to take **one** of the bulleted items on page 32, information discussed in the pages you are reading, and connect it to your own experience with interpersonal communication.

In addition to connecting it to your own experience please also envision your future self, making plans to build on past experiences.

Your response should be anywhere from three to five paragraphs in length.

* Unconditional Acceptance
	+ Partners and/or children to love and be loved by.
* Meaningful Relationships
	+ Significant networks of friends and colleagues who work with us toward common goals that benefit partners, children and shared living space.
* Civic Engagement
	+ Contributions that enhance the well-being of others or the vitality of community.
* Insight
	+ Clear vision of challenges that undermine love, friendship, well-being, and community.
* Discretion
	+ Experience or knowledge to accept what we can change and what we cannot, living in the moment rather than reacting to it.
* Mindfulness
	+ Leaving relationships and environments in better shape than we found them.
* Gratitude
	+ Appreciating the blessings of each phase of biological life, from childhood to having children, from respecting the elderly to becoming the elderly, reflecting on the love, friends, and contributions of mortal life.