



I'm Dying and I know it. How do I move forward in a joyful way and giving back to my family and community?

Some People Turn Suffering into Wisdom- David Brooks

<https://www.nytimes.com/2022/04/21/opinion/suffering-trauma-wisdom.html>

What are my possible actions? 4/24/2022

- Speak to Sheila and discuss my situation.
- What are some joyous things I want to do before I die?
- How do I make the community a better place for others?
- Have a serious talk with each of my children and grandchildren about life going forward with them.
- Read "Wise Aging".
- Finish learning Python and complete one application.
- Look at my daily routine and make it better.



6/12/2023

While sitting on the chair with my eyes closed and almost sleeping I had this thought of this is like dying? I had this image in my eyes that seem to stay there as I opened my eyes as my brain was fixed in another place. I have been resting a lot lately, could that be an indication of changing to a different body state?

When I went to open a document relating to my list of passwords I saw this folder about Bill that had this document in it. What coincident

