

Next 40 Days

to a resilient journey
of meaning and purpose

Introductory Flight Packet



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Next 40 Days to a Resilient Journey of Meaning and Purpose

A Journaling Diary for Personal Growth and Enrichment

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Crestwood Behavioral Health, Inc. Sacramento, CA

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Acknowledgements

A special thanks to my Higher Power and all the people I've met over the years who have taught me so much about what it means to create and sustain a life of meaning and purpose. Those people certainly include my five children whom I love very much: Christopher, Gayle, Ryan, Spencer, and Blake. Most of all..... a very special thanks to you who will be taking this personal journey to grow and enrich your life. May the world be made better because of who and what you discover.

About the Author

Chris W. Martin is an international trainer and curriculum designer who has over 30 years of experience as an adult educator, enabling him to design and develop effective learning programs for adult learners. Chris's personal and professional experience brings a depth of "having been there" in both his training materials and delivery. His human enrichment materials have been used in organizations all over the world, including the U.S., Canada, United Kingdom, New Zealand, Singapore, and Brazil.

Your Flight Packet for a Free Online Video Class

This introductory flight packet is a free workbook for an online video class you can access on our webpage at <http://recoveryresiliencesolutions.com>. You can take this fun and thought-provoking course as an individual, team, organization, or even with your family. The one-hour video course will provide prompts and pauses for writing your reflections in this flight packet and having some lively sharing with your fellow travelers. We believe you'll enjoy this introductory flight so much that you'll want to register for our five interactive-online Zoom sessions. You can find out more about how you and others can register for the "Next 40 Days to a Resilient Journey of Meaning & Purpose" on the last page of this flight packet or by visiting our webpage. Speaking of journey, please click on the video for the *Next 40 Days Introductory Flight* on our webpage. The video will instruct you how to proceed with this flight packet. So... bon voyage and see you onboard.



About the Journey

At some point in our lives, we start a quest for meaning and purpose. Why am I here? What is my purpose? One sojourner who found the answers to these questions was the famous neurologist and psychiatrist, Viktor Frankl. In 1942, he was sent to a concentration camp along with his wife, parents, and other family members. Sadly, he became the lone Holocaust survivor of his family. What he learned during that horrific and traumatic human tragedy helped him get through it. "He wrote that those who found some meaning or purpose were more likely to survive the concentration camps, and those who had lost their purpose were almost certainly doomed."¹

After surviving the Holocaust, Frankl eventually wrote the best-selling book, [Man's Search for Meaning and Purpose](#). He also founded *logotherapy* which has been rated as one of the top three psychotherapies after Freud's psychoanalysis and Adler's individual psychology. *Logos* is the Greek word for meaning; therapy relates to healing. So logotherapy can literally be translated as meaning=healing. In logotherapy, meaning can be discovered in three ways:

- By creating a work or doing a deed
- By experiencing something or encountering someone
- By the attitude we take toward unavoidable suffering



Although completing your "Next 40 Days to a Resilient Journey of Meaning and Purpose" may not necessarily be actual logotherapy, you'll be encouraged to offer up works and deeds. You'll be heartened to experience enriching encounters with others. You'll be inspired to reframe your attitude and perspective on difficult and sometimes hurtful challenges in your life. And most of all, in this 40-day search for your meaning and purpose, you may gain an opportunity to uncover it and discover it.

"Life is never made unbearable by circumstances but only by lack of meaning and purpose." ~ Viktor Frankl

Why this Journal and the Next 40 Days?

Did you know that *meaning* has a “me” in it and *purpose* has a “u” in it? Perhaps it’s to remind us that the journey to discover our meaning and purpose is highly personal. And the answer to our meaning and purpose is as close as our very hearts. We can uncover it through meditation, contemplation, and self-reflection. As Frankl noted, we can discover it through works and deeds; through our encounters with others; and through reframing how we see pain and suffering in our lives. The words in this journal may not give us the answer, but our thoughts, words, and actions can lead us there. This journal just lays the groundwork, but it will be each one of us who forges our own path. But why do it in 40 days? Well, the number 40 indicates a significant mark and often a time of transformation in the fields of culture, linguistics, science, psychology, and religion. Let’s take a look at the remarkable number 40.



Culture: 40 is the customary number of hours in a Western work week. We say, “catching 40 winks;” or “life begins at 40;” “plowing the lower 40;” or “the back 40,” referring to the lifetime period of ages 40-80.

Linguistics: Forty is the only spelled out English number in which all its letters are in alphabetical order. The word quarantine comes from an Italian word “*quaranta giorni*” meaning 40 days.

Science: Minus 40 degrees, or “40 below”, is the only temperature that is the same in both Fahrenheit and Celsius. Forty is the average number of weeks in a pregnancy.

Psychology: It is often said it takes 20 days to break old habits and 20 days to form new ones.

Buddhism has 40 meditation subjects for contemplation, meditation, tranquility, and one-pointed concentration.

Sikhism: The fifth and the final of the daily Sikh prayers (Anand Sahib) has 40 paragraphs, and the 40th paragraph is often read when concluding any Sikh ceremony.

Hinduism has popular religious prayers consisting of forty shlokas or dohas (couplets, stanzas).

Islam contends that Muhammad was forty years old when he first received his revelation. The number 40 is often used as an organizing principle for scholarly works within the Islamic and Arabic culture: for example, the classic Forty Hadith of Imam Nawawi.

Judaism claims that it rained for “forty days and forty nights” during the Flood. The Hebrew people wandered in the wilderness for a period of “forty years” before they reached their promised land.

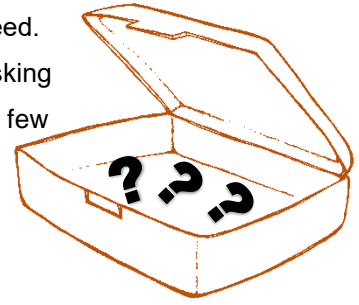
Christianity professes that 40 days was the period from the resurrection of Jesus to his ascension. The practice of Lent is also 40 days.

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

~ Pierre Teilhard de Chardin, French Philosopher

Look Back; Look Here; Look Ahead – Questions for the Journey

When we get ready to take a journey, we often think about packing items we'll need. In this journey, however, we'll get started not with packing but with unpacking. Asking ourselves some reflective questions, will be a great way to get us started. Take a few moments and write down your answers to the following questions. We'll come back to this page on our 40th day.



Looking Back



1. What did you love to do as a child? _____
2. What career advice would you give to your 16-year-old self? _____
3. What's been a common theme in your life? _____
4. If you could be remembered for three things when you die, what would they be? _____

Looking Here



5. What TV news stories often fill you with joy and inspiration? What about ones that cause outrage? _____
6. Name someone who inspires you with his/her approach to life. What is it you admire most about the way this person lives? _____
7. What is your favorite quality about yourself? _____
8. What would you do for nothing? If you didn't have to worry about money, what would you be doing? _____

Looking Ahead



9. If you were granted one superpower, what would it be? _____
10. If you could choose a mentor, dead or alive, to help guide you forward to a sense of aliveness, who would it be, and why? _____
11. What decision could you make today that your future self would thank you for? _____
12. You're at a crossroads, and there's a signpost in front of you with two signs on it, pointing in different directions. Without thinking too much, what word or short phrase is written on each of the signs? _____

Unpacking reminds us of how the past journey brought us to the present moment.

Now Boarding on the First Day of the Rest of My Life

I've spent a lot of unplanned time at airports during my travels all over the U.S and the world. While waiting for delayed flights, I sometimes wander through the terminal looking at overpriced goods in the little shops. At other times, I aimlessly surf the Internet or read countless uninteresting newspaper articles. I often notice the tired and bored faces of fellow passengers who are listlessly meandering through the same motions. We previously had such high expectations when we arrived at the



airport; some of us had even been excited about our trip. Now it seems like it takes a lot of energy to just be here. When our late flight finally arrives, smiles have mostly dropped from our faces, and we are a little less energetic than when we started. We just want to plop down on the airplane seat and sleep.

The good news is that at any time we can board the next flight to the exciting rest of our life. We don't have to wait for someone to call our name, announce the flight arrival, or point us to the right gate. We don't have to worry about regretting that we missed the connection. We can learn wise advice from other travelers who made their connection. Here is some advice from a successful traveler named Walter Breuning who lived to be 114 years old.

- 1.) Embrace _____ even if _____ slaps you on the face - to embrace it that it's good. I believe all _____ may not be good but that all good comes from _____.
- 2.) Work long- as long as we can- and save our _____ because it could come in handy.
- 3.) Be involved in a _____ because being involved in _____ will keep us young – will give us the energy we need.
- 4.) It's important we look for ways to _____ to others. The more that we can _____ to others, the better our life will be.

We can also learn wise advice from other travelers who may have in some ways missed their connection. Bronnie Ware was an Australian nurse who spent several years caring for hospice patients who were in the last 12 weeks of their lives. She recorded their dying words and later compiled them in her book: The Top Five Regrets of the Dying.²

- 1.) I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- 2.) I wish I hadn't worked so hard.
- 3.) I wish I'd had the courage to express my feelings.

4.) I wish I had stayed in touch with my friends.

5.) I wish that I had let myself be happier.

Rising Above the Turbulence toward a Life of Meaning and Purpose



1.) What would it take for you to live a life that is most true to how you want to live? If you are already living a life true to yourself, what key strengths help you maintain this life you have now?

2.) What happens when work and personal interests get in the way of your relationships of the people you love? How can you set a balance that works for you? _____

3.) When is it hard for you to express your feelings? What would make it easier for you to express your feelings even when it is difficult?

4.) Who is one friend and/or family member with whom you would like to reconnect? What would be the first step to do that?

5.) What is one thing you can do for yourself to bring yourself more happiness?

Boarding in Forty



If you're reading this statement right now, the good news is you have time left on your journey to turn what might be regrets into satisfying memories. You no longer have to ramble aimlessly through your days waiting for a new life to arrive. You have the next second, next minute, and this very day to start your search for a life of meaning and purpose. Since we'll be boarding in the next 40, then forty will help us organize our journey. *Forty* spells out our GPS mile markers to give us a sense of direction. We'll start with the letter "F" that stands for finding key virtues and strengths inside of ourselves. "O" stands for offering ourselves to others. The letter "R" is about restoring or building up what might be in shortened supply. "T" is all about taking on skills; and "Y" is about yielding to "ways of being and doing" to strengthen our character. When we get through the 40 days, we'll use our gained insight of meaning and purpose to develop a plan, putting some traction to our action.

Did you hear that? I think you're being called to board on Day One. Please turn to the following page, and check out how to register for the "Next 40 Days to a Resilient Journey of Meaning and Purpose." You'll see the flight itinerary and what you will get for this fun and exciting journey. So until then.... have a pleasant trip, and we hope to see you on the inside of 40 days.

Flight Itinerary for the Next 40 Days to a Resilient Journey of Meaning & Purpose

Mile Marker- Finding

- Day 1: Finding Gratitude
- Day 2: Finding Contentment
- Day 3: Finding Peacefulness
- Day 4: Finding Patience
- Day 5: Finding Humility
- Day 6: Finding Trust
- Day 7: Finding Courage
- Day 8: Finding Perspective

Mile Marker- Offering

- Day 9: Offering Friendship
- Day 10: Offering Kindness
- Day 11: Offering Wholeness
- Day 12: Offering Forgiveness
- Day 13: Offering Respect
- Day 14: Offering to Listen
- Day 15: Offering to "Be With"
- Day 16: Offering Service



These fun, interactive, and lively classes will be delivered over a 40-day period in five consecutive 90-minute Zoom sessions. Please note the session topics in the left-hand column on this page and the following page.

Flight Itinerary for the Next 40 Days to a Resilient Journey of Meaning & Purpose

Mile Marker-Restoring

- Day 17: Restoring Relationships
- Day 18: Restoring Cooperation
- Day 19: Restoring Financial Strength
- Day 20: Restoring Harmony
- Day 21: Restoring Empathy
- Day 22: Restoring Energy
- Day 23: Restoring Rest
- Day 24: Restoring Excellence

Mile Marker-Taking On

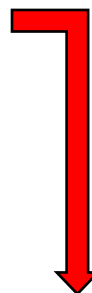
- Day 25: Taking on Gifts from the Wounds
- Day 26: Taking on Integrity
- Day 27: Taking on Accountability
- Day 28: Taking on Compassion
- Day 29: Taking on Authenticity
- Day 30: Taking on Discretion
- Day 31: Taking on Commitment
- Day 32: Taking on Perseverance

Mile Marker-Yielding

- Day 33: Yielding to Change
- Day 34: Yielding to Growth
- Day 35: Yielding to Self-Regulation
- Day 36: Yielding to Grace
- Day 37: Yielding to Generosity
- Day 38: Yielding to Recovery
- Day 39: Yielding to Spirituality
- Day 40: Yielding to a Vision
- Day 40: Yielding to Vision for a Resilient Life of Meaning and Purpose
- Day 40: Yielding to Action for Getting Traction

Here's What You'll Get When Registering for the Next 40 Days to a Resilient Journey of Meaning & Purpose:

- ✓ Five fun, dynamic, and interactive 90-minute live Zoom sessions with a cohort of 20 travelers and facilitated by our crew;
- ✓ A fun and engaging team building experience with your fellow travelers;
- ✓ An interactive "Next 40 Days" journaling workbook;
- ✓ An enriching opportunity to use relationship to grow and heal together as individuals and members of a team, family, or organization;
- ✓ A clarified sense of the "why" you bring to your personal life and profession;
- ✓ A total of 8.25 CEU's recognized by the National Association of Social Workers (NASW), the Board of Registered Nurses (BRN), and Nursing Home Administrator Program (NHAP).



<http://recoveryresiliencesolutions.com>



1: Man's Search for Meaning: An Introduction to Logotherapy. Frankl, V. E. (1963). New York: Washington Square Press.
2. The Top Five Regrets of the Dying: A Life Transformed by the Dearly Departing. Ware, B. (2019) California: Hay House