

**Get With The Times Class 01: triggers for scrapping current times.**

- Compare your childhood to that of a young child now. What stands out to you?
- Stand back and take a closer look at your daily life. How much of what you do or how you live is a sign of our current times?
- Think about an event that you attend on a regular basis. When did you begin attending? When did the event begin? What does it mean to you?
- What current health or fitness struggles are taking place in your home? How much of that is controlled by current trends? ie: a new exercise class, a new drug, being limited in your choices because of a health plan.
- Look in the background of your photos. What else do they tell about your story, about your current lifestyle?

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