



Writing the Good Life #20

November 4th - December 16th, 2025





What We'll Explore in Writing the Good Life

To support your inner wisdom and genuine potential, we will work across a series of seven themes – **Presence, Purpose, Play, Projects, People, Process, and Perspective.**

The sequence was designed to help you initiate a life of more conscious self-authorship, where you choose your own learning outcomes and refine your **Seven Ps of Practical Wisdom**.

Week 1. *Nov 4, 2025*, we will **Get Present**. We will write to practice mindfulness. We will write to compost shit and deepen presence. Each player writes a *Creative Contract*.

Week 2. *Nov 11, 2025*, we will **Get Purposeful**. Health? Work? Play? Love? Starting where we are, and clarifying a compass for spiritual coherence. Each player creates a *Purpose Dashboard*.

Week 3. *Nov 18, 2025*, we will **Get Playful**. Increasing receptivity to synchronicity, we will take our inner child on an artist date. Each player starts a *Synchronicity Commonplace Book*.

Week 4. *Nov 25, 2025*, we will **Get Prototyping**. We will write to practice life design. Prototype experiences, conversations, and beautiful questions, each player writes three *Odyssey Plans*.

Week 5. *Dec 2, 2025*, we will **Connect with People**. We will write to deepen our relationships with ourselves and others. Each player writes a *Strength Reminder* for reach-outs and mentor decks.

Week 6. *Dec 9, 2025*, we will **Refine Process**. We will write to renew Kaizen agreements. We will tune decision-making processes to choose happiness. Each player writes a *Reflective Process Letter*.

Week 7. *Dec 16, 2025*, we will **Gain Perspective**. We will write to reframe experiences for joy. We will write to delight and transform. Each player writes a *Renewed Creative Contract*.

Time Commitment

3-7 hours per week of mindful speaking, listening, and mindful writing between our weekly groups and daily practice. Players report that *workshopping wisdom creates time*. This time investment can pay temporal dividends as you explore new approaches to time architecture).

There will be two groups **Tuesday afternoons** at 1:00- 2:30 pm MST and **Tuesday evenings** at 7:00 - 8:30 pm MST. Optional drop-in learning labs on Thursdays 1:00-2:30pm MST. Office hours Tuesday afternoons 2:45-4:00 MST. Re-verb Editing Academy Sessions Thursday afternoons 2:45-4:00 pm MST. (*If you have time conflicts, email sean@wisdomworkshop.io.*)

Beyond the weekly group gathering, plan on at least one weekly meeting and at least 30 minutes of reading and writing every day.



Financial Commitment

When you Enroll, you join a Community of Practice.

Enrollment is \$1395 or \$125/month (for 12 months or This include

- ~11 Contact Hours over Seven Live Small Group Sessions (\$1100 value)
- Two 1:1 writing coaching sessions (\$500 value)
- Alumni Connection and Gatherings
- Certificate of Completion for up to 45 CE hours
- 50% off any future enrollment

Apply for a Scholarship – If finances are a barrier, please [fill out a scholarship application](#). Full and partial tuition payments help us create space for those who can not pay.

Inquire about Employer Reimbursement – Employers who value self-awareness, wellbeing, and communication have reimbursed past participants. contact sean@wisdomworkshop.io for supportive materials. *For details on creating a custom trust-building wisdom workshop for your team, please contact sean@wisdomworkshop.io.*

About the Wisdom Workshop

The Wisdom Workshop is an educational community founded in 2021 by musician and educator Sean Waters, centered on **wisdom cultivation** and **personal growth** through **mindful writing and reflective practices for equanimity and sympathetic joy**. We serve mid-career professionals, creatives, and those in life transitions. We're dedicated to providing transformational learning spaces that help people live happier and healthier lives. We believe in **business development as a force for social good**, including our pricing models, marketing strategies, and student services. You can read more [about us](#) or see [this FAQ](#), or check out our [“before you arrive” doc](#).



Books and Resources

Each week, you'll get an abundance of reading opportunities, writing invitations, and growth experiments to help you build momentum and keep going. If you are called to buy any of the following books for additional support, they will enrich your journey. You'll also receive curated notes from class, and private video recordings and transcripts for further learning and review.

Three Books on Writing your Life:

[Writing Down the Bones: On Freeing the Writer Within](#). Natalie Goldberg (1987) delights at the intersection between writing practice and meditation practice with a Zen Buddhist flavor.

[Designing Your Life: How to Build a Well-Lived Joyful Life](#). Burnett and Evans (2012), helps us build a good life. “Life design skills,” powerful reframes to navigate life transitions.

[The Artist's Way: A Spiritual Path to Higher Creativity](#). Julia Cameron (2016), a cult-classic course of creative self-study. Writer’s voice, “spiritual” but grounded in experience.

Lead Facilitator and Designer: Sean Waters



M.A. Philosophy 2008, M.A. Education, 2012

Poudre High School Valedictorian (class of 2000) and performing musician, Sean founded the Wisdom Workshop in 2021 to re-imagine higher education. What if, Sean wondered, education was more natural? What if it were personal, dynamic, responsive, and emergent? What, and how, is writing well connected to higher education? How does this relate to living well?

Sean brings disciplinary expertise in Buddhist Philosophy, Comparative World Religions, Group Psychodynamics, and Improvisational Listening. Nominated master-teacher with 17 years teaching experience at Colorado State University and 24 years experience recording and performing music, Sean is dedicated to creating psychologically brave spaces that encourage us each to attend to our own emerging

mastery. With a passion for cutting-edge curriculum design, Sean is a generous host with values in action: curiosity, lifelong learning, appreciation of beauty, creativity, humor, and spirituality.



Praise from Past Players

Wisdom Workshop attracts people living examined lives. Adventurous learners, writers, creators, artists, psychologists, counselors, coaches, administrators, human resources professionals, leaders, teachers, students, mentors, founders, facilitators, and people in mid-life transitions.

When we cultivate wisdom together, we're playing an infinite game. That's why we call people who enroll with us "players" rather than participants or students or clients. To get a sense of how our small groups feel, read these [testimonials](#).

Paul Marcus, a retiring psychotherapist, said: ***"It's the most educational thing I've done outside of my education, and the most therapeutic thing I've done outside of therapy."***

Chance Thompson, an entrepreneur, said: ***"This is the most memorable learning atmosphere I've ever participated in... in work, or school, or anywhere."***

Guarantee

We offer a 100% satisfaction guarantee. If you're not fulfilled from your experience for any reason, we will give you your entire enrollment back.

We do online education a bit differently: **this is a more active and self-directed learning environment than some people are comfortable.** You do not just sit and get the material. You play with it, put it into practice, and reflect. You iterate. You design with agility, and you gain perspective. **It might not be a good fit if you** prefer traditional academic lecture-and-testing formats. Also not a good fit if you are currently in acute crisis, significant personal upheaval, or are unable to commit to brief daily writing reflections. You'll also need a reliable internet connection for live video conferencing. We meet via Zoom, and nearly all participants have their cameras on nearly all the time.

Our groups are warm, encouraging and wonderful. [Schedule a call with Sean](#) if you're on the fence.

No formal education requirements or specific professional background needed. We value the plurality of perspectives and life experiences. We do not discriminate on the basis of sex (including pregnancy, gender identity, and sexual orientation), parental status, national origin, age, disability, neurodivergence, political affiliation, occupation, or background. Thank you for you. We want you here.