Journey of Aging Reflection Questions

Journey

❖ What are some of my frustrations, fears, insights, and surprises...
  ❖ ...About retirement?
  ❖ ...About my own journey?
❖ Aging unifies us, as well as homogenizes us.
  ❖ How am I different from or the same as others?
❖ What will my voyage out into retirement look like?
❖ If environment influences my identity, who am I?
❖ Who else am I? Who am I becoming?
❖ It takes courage to do things differently. Am I willing to be courageous?

Time and Energy

❖ Time has a different meaning after retirement. What does time mean to me?
❖ In what ways do I give time away? Is there enough for me?
❖ What's on my bucket list?
❖ How do I use and renew my energy?

Health

❖ What are my health issues? How do I take care of them? What am I avoiding?
❖ The journey includes physical changes. How will I maintain my dignity?
❖ What do I want to accomplish, see, and experience while I'm physically able?
❖ My future is uncertain. How do I face my future?
❖ How do I stay engaged while outraged?
Spirituality:

❖ We age the way we lived our lives. How am I living it now?
❖ How do my beliefs sustain me, restore me, and comfort me?
❖ How will the life I’m engaged in now inform who I will become?
❖ What are my thoughts/beliefs about mortality:
  o ... Mine?
  o ... Loved ones?

My Thoughts…..

Use this space to write your reflections.