

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:
 - ... Mine?
 - ... Loved ones?

My Thoughts.....

Use this space to write your reflections.