

IT'S NOT TOO EARLY – OR TO LATE – TO TAKE STEPS TO SUCCESSFUL AGING!

Complete the self-assessment by marking a number for each question on a scale from 1 to 5.
(1 = not at all 5 = all the time)

Are you:

- _____ Taking time to be alone?
- _____ Touching nature each week?
- _____ Listening to your inner-voice?
- _____ Getting quality rest and sleep?
- _____ Actively managing your stress?
- _____ Finding support and giving it back?
- _____ Releasing uncomfortable and unhealthy emotions?
- _____ Giving and receiving hugs and affection?
- _____ Forgiving yourself when you make mistakes?
- _____ Doing things that give you a sense of fulfillment, joy and purpose?
- _____ Cutting your losses and moving on with your life after a tragedy or setback?
- _____ Challenging yourself to develop or learn new skills, hobbies, interests and activities?
- _____ Exercising by stretching and regular aerobic exercise (walking, swimming, biking)?
- _____ Surrounding yourself with optimistic people who possess a healthy sense of humor?
- _____ Keeping an active but varied and balanced schedule which includes plenty of leisure time?
- _____ Sharing by contributing to society and involving yourself in at least one meaningful cause?
- _____ Scheduling and keeping regular appointments for physical, visual, dental, emotional and all other needs?
- _____ Following your health care providers recommendations?
- _____ Keeping healthy by not smoking, maintaining good nutrition, a healthy weight and limiting alcohol, caffeine, cholesterol and your skin's exposure to the sun?

_____ **TOTAL**

20 – 40	Change you ways – you can do it!
41 – 60	Just so-so – keep working at it!
61 – 80	Good work – challenge yourself even more!
81 – 100	You're aging successfully – bravo! Keep it up!