

## **Worksheet for Chapter 10 – Put It All Together**

Before we set more goals, take some time to sit and answer these questions. Make them personal. This is all about you.

1. If you are working, do you like your job? Are you counting the weeks, days, hours, until you can retire? Given the chance, what would you rather be doing right now?

2. Assess your job skills and think about what you've accomplished that you could use in another line of work or in a different company. If you are happy where you are, think about adding some new skills that will make you more valuable. Think outside the box. Many skills can transfer to jobs you never thought about before.

3. Are you living where you want to spend the rest of your life? This is a tough question. Maybe you've lived in the same community or area of the country for your entire life, your family is still there, and you want to stay right where you are. Then one of your children moves across the state or a thousand miles away and takes your only grandchild with them. Is your original answer still the same? Maybe you had a really brutal winter of snow and cold. You just shoveled the sidewalk in April and couldn't find the daffodils. Is your answer still the same? Stay open to change. Explore new and different locations.

What does this have to do with being healthy after 55? It's all about choices, being open to new adventures, and facing this chapter of your life's journey with excitement.