

Worksheet for Chapter 2 – All About J.O.Y.

The JOY in Setting Goals

1. *What would you like to accomplish during this chapter of your life? You are over the age of 55, but your life is not over. You could live for another 30 or 40 years. Think about that. You have time to accomplish so much that has been pushed aside while your life moved through career and family responsibilities. Now you have time for yourself.*

2. *What are two things you have experienced through the years that you could share with others that might make an impact on their lives? Take a moment to think about what you've accomplished and what you have to share. It could be something to do with balancing a career and motherhood. It could be the importance of deciding whether to get married and have children or stay single.*

First experience:

Second experience:

3. *What are three things you want to be able to do 20 years from now? Age is a state of mind. Take stock of your physical, mental and emotional health. Have you said to yourself or others, "I'm too old to do that"? Think about the things that would be important for you in the future and how you want to feel at that age. It could involve increased energy, eating healthy meals on a consistent basis, the ability to climb a flight of steps without huffing and puffing, or watching your grandchildren graduate from high school or college.*

First goal:

Second goal:

Third goal:

4. *What will you never wear again that is stashed in your closet?* Go through your entire closet and be realistic. If it has been more than six months since you've tried something on, take the time and try on every item. Look in the mirror while you struggle to put them on. Separate them into three piles. Pile #1 actually fits and you would wear them in public, pile #2 is "someday I'll fit in them again" and pile #3 is "never again." Ask yourself how many of the clothes in pile #2 need to be moved to pile #3...and donate them to charity.

Write down five items in your closet that you want to wear in the next six months, then move them to the front of your closet and try them on every month until they fit.

5. *What would you love to do if you had the time, energy and resources to do it?* Let your imagination soar. You probably had a passion for something when you were younger, but life got in the way. Close your eyes and think about what you would do. Nothing is off limits.

*Five simple questions...*but your answers will not only open your eyes to your life right now, but also how you would like to live for years to come.

The choice is yours. You can sit and wonder what might have been or open up to exciting adventures.

As you embark on this journey, remember the JOY you found in your youth. Use those memories to focus on the adventures to come.