

# Curiosity Corner

Grow your awareness and open doors to an inspired life!

## Contemplation Exercise...

Time: 10 minutes or more

## My Aging Role Models

*How do I want to age?*

**STEP ONE:** Who comes to mind when you think about people who have aged or are aging into older adulthood? These could be people you know/knew personally or people you don't know, e.g., a relative (alive or dead), a movie star, a prominent figure in history, a politician, etc.

**STEP TWO:** Now narrow it down to the people you think are aging or did age in an inspiring way; individuals who have aged in a way that you would like to replicate.

**STEP THREE:** Focus on one person at a time and ask yourself these questions:

- What specific actions do they take that inspire me? (Examples: active in life, physical until the end, always learning, socially engaged).
- What about their personality or character inspires me? (Examples: always trying new things, has a positive attitude, is graceful and grateful).
- How do they break the typical aging stereotypes of loss and decline? (Examples: Never give up on life, continue to make new friends, do not let aging stop him/her from being engaged with life).

**STEP FOUR:** What about the above traits and actions inspire you?

**STEP FIVE:** Which traits would you like to replicate through your aging process and how might you do that?