



Aging with intention

Each day is an opportunity to grow and live on your own terms. Take a few moments to reflect on how you'd like to age. Use the prompts below to guide your thinking.



Write, draw or attach images to the sections that resonate most with you – whatever feels best.

Keep growing

Skills I would like to learn	A habit I'd like to develop that supports my well-being	Something I'd like to feel more confident in

Keep connected

People I want to spend more time with	Places I can meet people who share my interests	People I admire who are older than I am

Keep healthy habits

Something I'll stop doing	Something I'll keep doing	Something I'll begin doing

Keep looking ahead

A goal I'd like to achieve in the next 5-10 years	A trip I'd like to take	As I grow older, I look forward to...

Keep hopeful

Fill in the blanks to reflect on your future self.

When I am _____, I hope I remember _____

When I am _____, I hope I do _____

When I am _____, I hope I can _____

When I am _____, I hope I value _____

When I am _____, I hope I am _____

Example: When I am 70, I hope I remember to find reasons to laugh every day.

Keep this worksheet handy as a gentle guide for healthy aging. Update it as you move through life and revisit it whenever you want to reflect or dream.

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