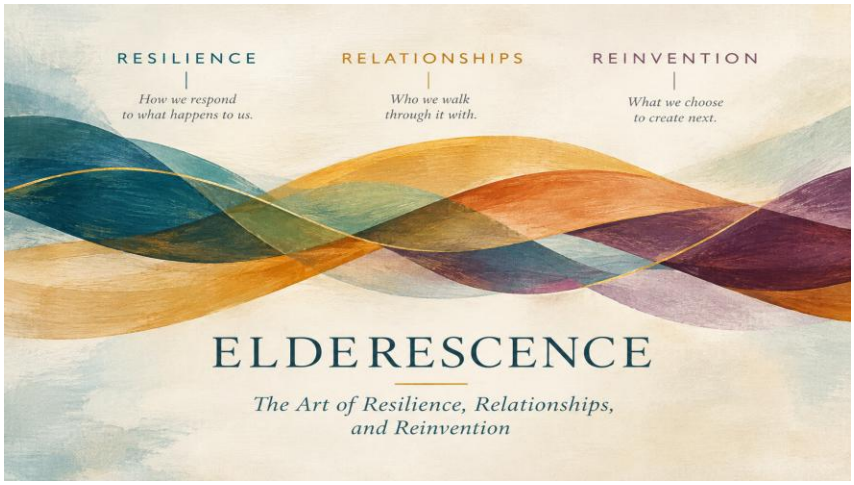



**RESILIENCE – How we respond to what happens to us**

*What challenge or change has taught me something important about myself?*

*What do I know now that I wish I understood earlier in life?*

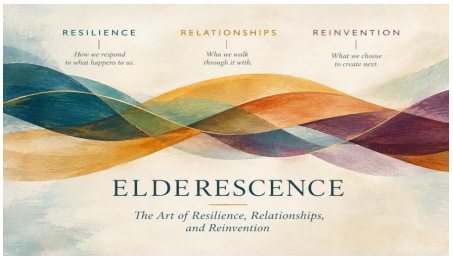
*What remains within my influence?*

**RELATIONSHIPS -- Who we walk through life with**

Who energizes me, makes me laugh, or helps me keep growing?

Who needs my presence, experience, encouragement, or wisdom?

Who could I reach out to when life gets difficult – and where might I welcome a new connection?




**CONTINUE THE REFLECTION**

***The next chapter doesn't have to look like the last***

**Reinvention – What we choose to create next**

*What part of myself, an expectation, or an old definition of aging might I be ready to let go of?*

*What would I explore, learn, create, or contribute if I stopped worrying that it might be too late?*

*What is one small step I could take toward some new in the next month?*

**Weaving the Threads Together – Resilience helps us endure. Relationships help us belong. Reinvention helps us become.**

*What do I want more of in this season of life – and what might I need to make room for it?*

*What is one relationship I want to nurture and one possibility I want to pursue?*

**My Elderescence Commitment**

One thing I will let go of: _____

One person I will reach out to: _____

One new thing I will try: _____