

Self *in the* Sixties

Six Decades and More to Go: A Reflection Guide

Use these prompts to think about the wisdom you've gathered and how you want to keep growing. Use them for inspired journaling or just let them spark a conversation.

Looking Back

1. What's one of the most important lessons you've learned since turning 60?
2. What's something you used to believe strongly that you've since let go of?
3. Who has been one of your greatest teachers in life, and what did they teach you?
4. What challenge in your life turned out to be a gift in disguise?
5. How has your perspective on success changed over the years?

Living Now

6. What brings you the most joy in your everyday life right now?
7. What relationships have become more meaningful to you in this stage of life?
8. What self-care habit makes you feel most vibrant?
9. How do you define adventure at this age?
10. In what ways are you more confident now than you were in your 40s or 50s?

Looking Forward

11. What's one dream or goal you still want to pursue?
12. How do you want to be remembered by the people you love?
13. What lesson do you most want to pass on to younger generations?
14. What are three things you'd love to try in the next five years?
15. If your future self could give you advice, what would she say?

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