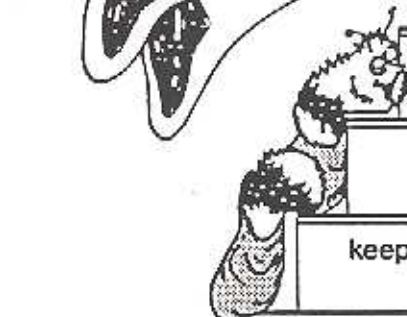
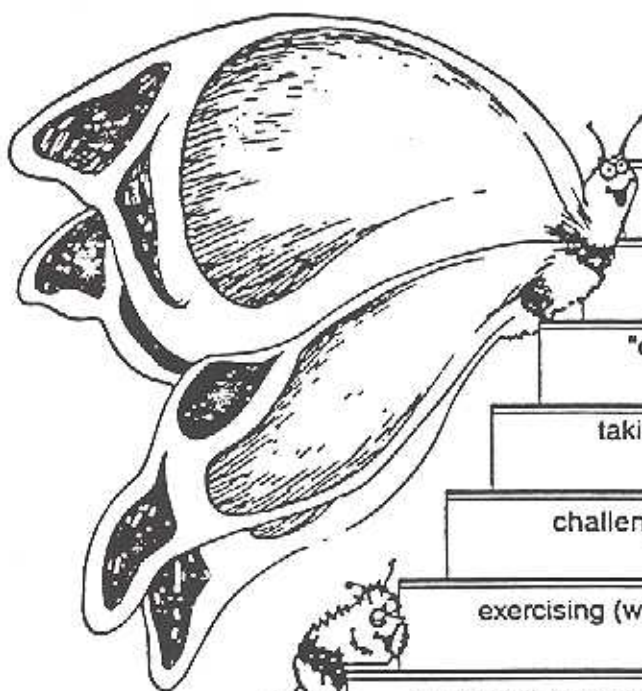


It's never too early ... or late ... to take 21 STEPS to ...

# AGING SUCCESSFULLY!

Complete the following self-assessment by marking the number in each step, on a scale from 1 to 5 (1, "not-at-all" to 5, "all-the-time").

Review each *step* along the way to evaluate how well you are taking care of yourself!



ARE YOU...

making time for solitude?

touching nature each week?

listening to your inner-voice?

getting quality rest and sleep?

actively managing your stress?

finding support, and giving it back?

releasing uncomfortable emotions?

giving and receiving affection? hugs?

getting daily or weekly spiritual nourishment?

forgiving yourself when you make a mistake?

doing things that give you a sense of fulfillment, joy and purpose?

"cutting your losses" and moving on with your life after a tragedy or setback?

taking care of your skin by decreasing sun exposure, using a sunscreen and a good lotion?

challenging yourself to develop or learn new skills, languages, hobbies, sports, interests, and/or activities?

exercising (with physician's approval) by stretching and regular aerobic exercise, e.g., walking, swimming, or working out?

surrounding yourself with optimistic friends, associates, and relatives who possess a healthy sense of humor? nurturing friendships?

keeping an active, but varied and balanced schedule which includes leisure time (time for yourself, time to play, time to treat or reward yourself)?

sharing yourself by contributing to society, involving yourself in at least one meaningful cause, e.g., government, church/synagogue, community, special projects, etc.?

continually evaluating your physical appearance, and changing, when it's appropriate, to meet your specific age's needs, e.g., hair length and styles, clothing length and styles, shoes, etc.?

scheduling and keeping regular appointments for physical, visual, dental, emotional and all other needs? monitoring your men's/women's health needs? following doctor's recommendations?

working on your health by: not smoking; maintaining good nutrition, a healthy weight, and eating something fresh and unprocessed every day; getting adequate calcium, fiber, and water; controlling alcohol, cholesterol and caffeine intake?

Write a list of **GOALS** at least every 3 months to keep a clear, focused direction!

Add up your score

21-41  
42-62  
63-83  
84-105

Change your ways — you can do it!  
Just so-so — keep working at it!  
Good work — challenge yourself even more!  
You're aging successfully — bravo! Keep it up!

Total score: