



# FINDING YOUR MIDLIFE PATH

1. Name 5 things you have accomplished in your life. Things you are most proud of.

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_  
3. \_\_\_\_\_  
\_\_\_\_\_  
4. \_\_\_\_\_  
\_\_\_\_\_  
5. \_\_\_\_\_  
\_\_\_\_\_

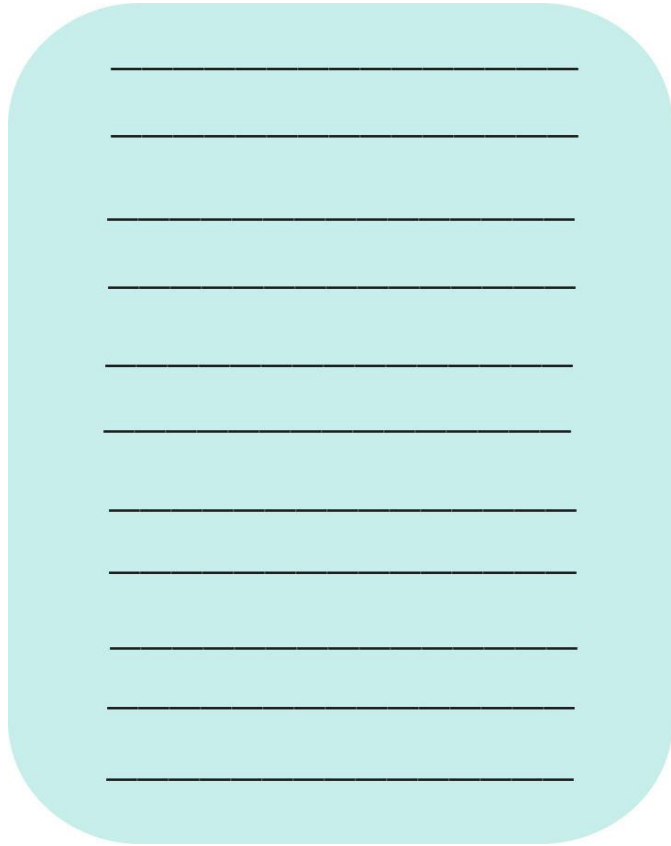
2. Name 5 positive qualities you possess. Include any special talents or areas you are strong in.

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_  
3. \_\_\_\_\_  
\_\_\_\_\_  
4. \_\_\_\_\_  
\_\_\_\_\_  
5. \_\_\_\_\_  
\_\_\_\_\_

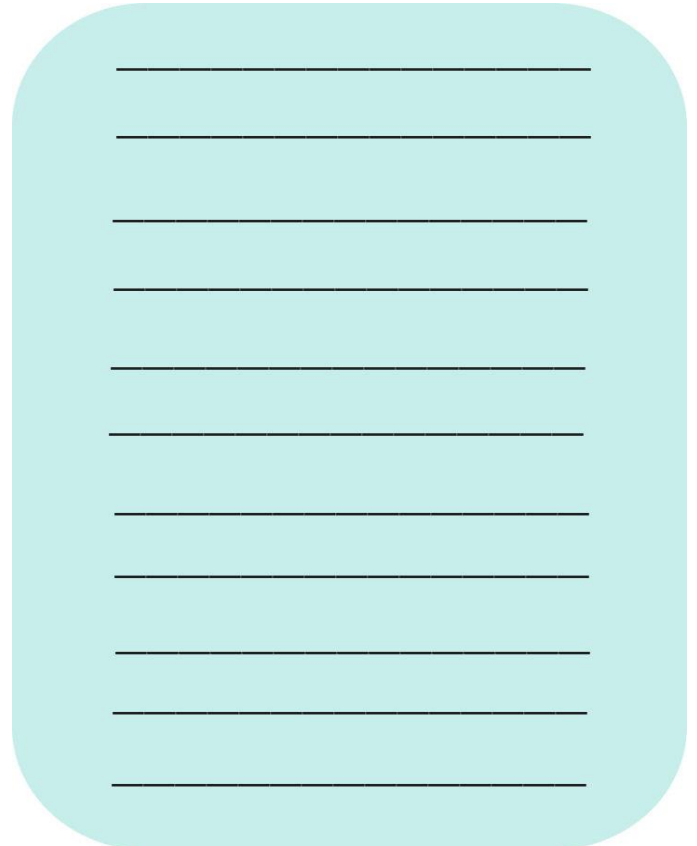
3. What things get you up every morning? What do you feel a passion for? What gets you excited?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

4. If you were at the end of your life, what would you need to have accomplished so that you would have no regret?



5. With questions 1 thru 4 answered, what actions do you need to take so that the second half of your life is extraordinary?



Notes \_\_\_\_\_

