

Successful Aging Checkup

This is an easy four-part self-assessment exercise. Give yourself this personal “checkup” to understand better how you are doing on the four building blocks that can help anyone age more successfully.

For each category, give yourself a grade of “A,” “B” or “C”:

A — You’re doing just fine.

B — You still have room to improve.

C — You’re really not where you need to be.

Name: _____

First-time Checkup Date:	3-month Re-check Date:
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Part I: Planning ahead and making important decisions

- | | | |
|--|-------|-------|
| ✓ I go to the trouble of gathering the facts I need, before making key decisions. | _____ | _____ |
| ✓ I am open to accepting support and input from those close to me. | _____ | _____ |
| ✓ I have taken time to think about my personal priorities and what my goals are for the rest of my life. | _____ | _____ |
| ✓ My life planning is flexible enough to allow for different circumstances and the unexpected. | _____ | _____ |

Part II: Staying physically active

- | | | |
|---|-------|-------|
| ✓ I make staying physically active a priority in my life. | _____ | _____ |
| ✓ I get the exercise I need, including: | _____ | _____ |
| ✓ Aerobic activity. | _____ | _____ |
| ✓ Exercises to strengthen muscles. | _____ | _____ |
| ✓ Exercises to promote joint flexibility. | _____ | _____ |
| ✓ Exercises to help with balance. | _____ | _____ |

	First-time Checkup Date:	3-month Re-check Date:
Part III: Activities and Social Connections	_____	_____
✓ I look for chances to combine physical activity and social interaction — for example, by exercising with a friend or group.	_____	_____
✓ I keep up old friendships and work at making new ones.	_____	_____
✓ I give back to my community by doing some kind of volunteer work.	_____	_____
Part IV: Spiritual and Mental Well-being		
✓ I honor the role spiritual and mental well-being can play in a person’s life.	_____	_____
✓ I make a conscious effort to choose the spiritual or religious path that feels right for me.	_____	_____
✓ In dealing with fears, questions, or dilemmas, I don’t try to go it alone, but instead I make the effort to find support and guidance.	_____	_____
✓ I know the value of positive thinking . . .	_____	_____
✓ So, I honor my own strengths and successes.	_____	_____
✓ I look for the good in other people and situations.	_____	_____
✓ I accept with grace the things in life I’d like to change, but can’t.	_____	_____
✓ I manage the stresses in my life.	_____	_____

Notes: _____
