

Describe your social life. What activities do you participate in that bring meaning to your life and do you see continuing those as you age? What new things would you like to add?

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How much do you exercise? Track the types of exercise you do regularly and think about the changes you could make to improve upon what you already do. If you don't exercise, plan small ways to move more.

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What ways do you keep your brain nimble? *(Some examples are reading, doing crossword puzzles, playing cards and other mind games, or playing video games, which can improve visual and spatial orientation.)* Companionship and conversation also are great ways to keep the mind active. Think about how you could add more mind activities to your regimen.

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How do you express your spirituality *(religious services, traditions, etc.)*? What are other ways that you would be interested in incorporating your spirituality to help improve your soul such as going on retreats, reading and walking.

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