

# 50,000 Mile Tune-Up



## SYSTEM #1: UPDATING YOUR SOFTWARE

In this exercise, we're going to examine our expectations and beliefs about aging. Where did they come from? Are they true? What evidence do we have to support them? What else is possible? What evidence can we find or generate to support those other outcomes?

### PART 1: SELF-ASSESSMENT

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Is your health currently better, the same, or worse than others your age? How do you know/What makes you think that?

Is your body in better shape, average shape, or worse shape than others your age? How do you know/What makes you think that?

Is your life more, less or just as satisfying as others your age? How do you know/What makes you think that?

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## **PART 2: EXPECTATIONS**

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How do you expect your body to change over the next 20 years? What things are beyond your control? What is within your control?

How do you expect your abilities to change over the next 20 years? What things are beyond your control? What is within your control?

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How do you expect your life to change over the next 20 years? What things are beyond your control? What is within your control?

### **PART 3: EVIDENCE**

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List several people whose light shines (or shined) just as bright or even brighter during the second half of their lives. These can be public figures as well as people you know. Do these examples confirm or challenge your beliefs and expectations about getting older?