

# Total Life Checkup

## Age Deliberately!

### Introduction

Aging isn't a dirty word! Explore the over 50 landscape, via your experiences and the messages from others and society. Begin to create a narrative that works for you!

Coaching  
Session  
#1

### Identity

How you see yourself affects your scope of curiosity and defines opportunities. Step into your evolving identity to activate choice in the future.

### Connections

You are a relational being who needs others to survive. Evaluate your network. Nurture growth-fostering relationships for a future of quality interactions.

### Purpose

Knowing what is most important gives your life meaning and direction. Share your essential gifts with others and the world around you.

Create guiding principles for Identity, Connections and Purpose  
Use them as a filter to authentically navigate life's practical topics

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#2

### Home

House, neighbourhood and community are places we go to for safety, comfort and enjoyment. Inhabit the place and lifestyle that feeds who you are becoming.

### Finances

The most common topic applied to 50+ life is money. But do the stories you read reflect your experience? Follow your own path as you make the best use of your finances.

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### Career

The path through paid work is not always linear and often doesn't come to an abrupt end. Reconnect with your passion and energy for garnering an income, regardless of age.

### Engagement

We always engage with (non-paid) work, from personal errands to contributing to the community. Enjoy activities that feel good and do good.

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### Health

We can expect our bodies to change as we age. What happens however doesn't define who we are. Set practical yet heart-centred goals for your health moving forward.

### Dying

Our inevitable end could come sooner or later, who knows? Work past difficult emotions and have conversations now to set the stage for ongoing joy and contentment.

Use the MAP process to pull out essential learning  
Establish a meaningful action plan going forward

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