

AMICA

SENIOR LIFESTYLES



Living Well, Looking *Ahead*:

Reflecting on the Life You Love

Planning for the future begins with understanding what matters most to you.

Take a few moments to consider:

- **What matters most:** Are you making enough room for the people, activities and experiences you value?
- **What's evolving:** Have your priorities shifted, or have certain things simply become more difficult?
- **What's possible:** What could life look like if some everyday responsibilities were a little easier?

Answering the questions below can help you reflect on life today and explore what could make the years ahead even more fulfilling. **There's no score to calculate or decision to make.**

WHAT MATTERS MOST

What three things bring me the greatest joy or sense of purpose?

1. _____
2. _____
3. _____

Am I spending as much time as I'd like with the people I care about and doing the things I enjoy?

What would I love to do more of?

WHAT'S EVOLVING

Is there anything I used to enjoy that I don't do as often anymore?

Do everyday tasks like household maintenance, meal preparation and managing appointments feel more difficult than they used to?

Have my needs shifted and do I find myself looking for more day-to-day support?

WHAT'S POSSIBLE

If I could make one part of everyday life easier, what would it be?

What would that change give me more freedom to do or enjoy?

What is one thing I've always wanted to do that I haven't yet found time to try?



A THOUGHT TO TAKE WITH YOU

There's a difference between being able to manage everyday life and having the freedom to enjoy it the way you'd like.

Planning ahead gives you time to explore what's possible, consider your preferences and make choices that reflect the life you want to live. Keep this worksheet and revisit it as your priorities evolve.

What is one thing I could do today that would bring me joy?

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