

BUILDING A POSITIVE AGING MINDSET

Shift Your Perspective To Embrace Aging With Strength

	YES	NO
1 Do you view aging as an opportunity for growth, wisdom, and renewal?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you let go of limiting beliefs or stereotypes about what aging "should" look like?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you regularly practice self-compassion and speak kindly to yourself about aging?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you found new meaning, goals, or interests in this chapter of life?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you surround yourself with people who uplift and inspire you, regardless of age?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you maintained a sense of humor and curiosity as you grow older?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you focus more on what you can do rather than what you've lost?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you cultivated gratitude for the experiences and insights that come with age?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you invest time in both your physical and emotional well-being?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you actively shaping your aging journey with intention rather than passivity?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Are Embracing Aging With Confidence And Clarity: Your mindset is empowering you to navigate later life with optimism, purpose, and emotional strength.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're beginning to reshape your perspective, and with more reflection and support, you can build a stronger foundation for positive aging.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Negative beliefs may be holding you back—now is the time to reframe your thoughts and rediscover what's possible at every stage of life.