

# MINDFUL AGING PRACTICES

## *Age With Awareness, Grace, And Purpose Every Day*

	YES	NO
1 Do you take time each day to check in with your body, mind, and emotions?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you developed routines that support intentional slowing down and presence?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you reflect regularly on what aging means to you personally?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you embraced gratitude as part of your daily mindset and wellness practice?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you respond to physical or emotional changes with compassion rather than frustration?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you engaged in practices such as meditation, mindful walking, or deep breathing?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you let go of comparisons and focused on your own pace and path in this stage of life?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you seek out learning and growth opportunities regardless of age?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you cultivated relationships that reflect mutual respect, presence, and depth?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you make time for stillness, reflection, or spiritual connection in your weekly routine?	<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 Aging With Intention And Inner Strength: Your mindful approach allows you to navigate this chapter with clarity, grace, and emotional resilience.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You've started embracing mindful aging, and a few more consistent practices can deepen your well-being and peace of mind.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Without mindfulness, aging may feel rushed or disconnected—now is the time to slow down and nurture intentional awareness.