

GETTING  
**REAL**  
*about*  
GETTING OLDER

# THE MID-LIFE MOT: TAKING CONTROL OF THE FUTURE YOU

Essential questions to be asking now that will shape what a great later life looks like for you

Our 40s and 50s are said to be times of self-evaluation. We've grown through our life experiences and are ready for the rest of life – or are we?

Can you picture yourself as an older person? Imagine what you might be like when you're 70, 80, or 90.

And now think about what you hope you'll be like in later life. Don't think about things you'd like to do, but the kind of person you hope you'll be.

**In order to become that person, there are some things you can do now to help you on your way.**

If it helps, draw or write about the person you want to be when you're older.

## WHO AM I?

Who you are now dictates who you will be, and what life will be like, as you get older.

You might have thought about these kinds of things in your early adult life, but it's worth re-visiting them now. Perhaps a few decades in the workplace has changed a lot of who you are, or perhaps having children and grandchildren has changed what you understand about yourself.

Working out who you are now will set you up for later life by helping you tackle some of the things you struggle with and embrace the things you're naturally better at.

Fill in the two circles with things you're good at and things you find challenging. For example, you might feel that you're good at being patient and caring for others but find trying new things or being joyful are more challenging. Try and think about all the different parts of your life – home, work, community, family, hobbies, private life etc.

THINGS I'M GOOD AT

THINGS I FIND CHALLENGING

*You might find these websites helpful:*

[www.16personalities.com](http://www.16personalities.com) - take a quick free test to better understand yourself

[www.soulsalt.com](http://www.soulsalt.com) - articles and resources to guide your reflections

## WHO WOULD I LIKE TO BE?

Now think about who you would like to be. Have you learnt anything about yourself recently that you'd like to change? Look back on what you pictured of yourself as an older person – are there things that are different between that person and the person you are now? What are they?

Think about people that you know either personally or who are well-known who inspire you. What is it about them that you admire? Why do you admire that about them?

If you could wake up tomorrow morning with one thing about you completed changed, what would it be?

## WHAT CHANGES TO DO I NEED TO MAKE? You can teach an old(er) dog new tricks!

Knowing how to make change can be really hard. Nobody really enjoys change and habits are harder to change the older we get. But studies say that, while changes made in your 40s or 50s are harder to do, they tend to be much more permanent.<sup>1</sup>

Are there things around you that you need to change? Are there situations and environments that are holding you back? Do your thought patterns do you more harm than good?

*Under these five categories, write one or two ways that you could think about or approach things differently:*

Physical	Emotional	Mental	Spiritual	Financial

## HOW DO I MAKE THOSE CHANGES?

Here comes the really hard part! Now you know the kind of person you are, the kind of person you'd like to be, and the changes you need to make to get there, the time has come to take some action.

*Ask yourself, "Am I ready to take a risk?"*

Change is never easy and it can make us vulnerable so be ready to put some things on the line to create the change you want to see.

Set yourself some challenges or goals which will help you on the path to making change. Pick something from your list of things to do differently and decide on something short-term, medium-term and long-term that you could do to get there.

## YOU'LL NEED HELP ON THIS JOURNEY!

Once you've carved out some time to think about who you are now, who you want to be, what changes you need to make, and how you'll make them, you'll probably find it really helpful to speak with others about all of these things.

Speak to trusted loved ones who can help you think through these big questions. Speak to friends or family, to a community leader or someone who knows you well and ask them to help you think through who you really are.

It tends to be useful to speak to someone who's trained in these conversations so perhaps explore some opportunities for counselling or talking therapies. Spiritual advisors can also be really helpful here.

### *More resources*

Better Help  
Christian  
Counsellors  
Soul Salt

<sup>1</sup><https://www.nextavenue.org/upside-changing-your-habits-0/>