

FINDING YOUR

# Midlife Path

Begin this exercise by naming 5 things you have accomplished in your life. These should be the things you are most proud of.

**1**

**2**

**3**

**4**

**5**

Possessing talent is nothing more than the continuous pursuit of a life-long interest.

- Bob Ross

Name 5 positive qualities that you possess. Be sure to include any special talents or areas that you are strong in.

1

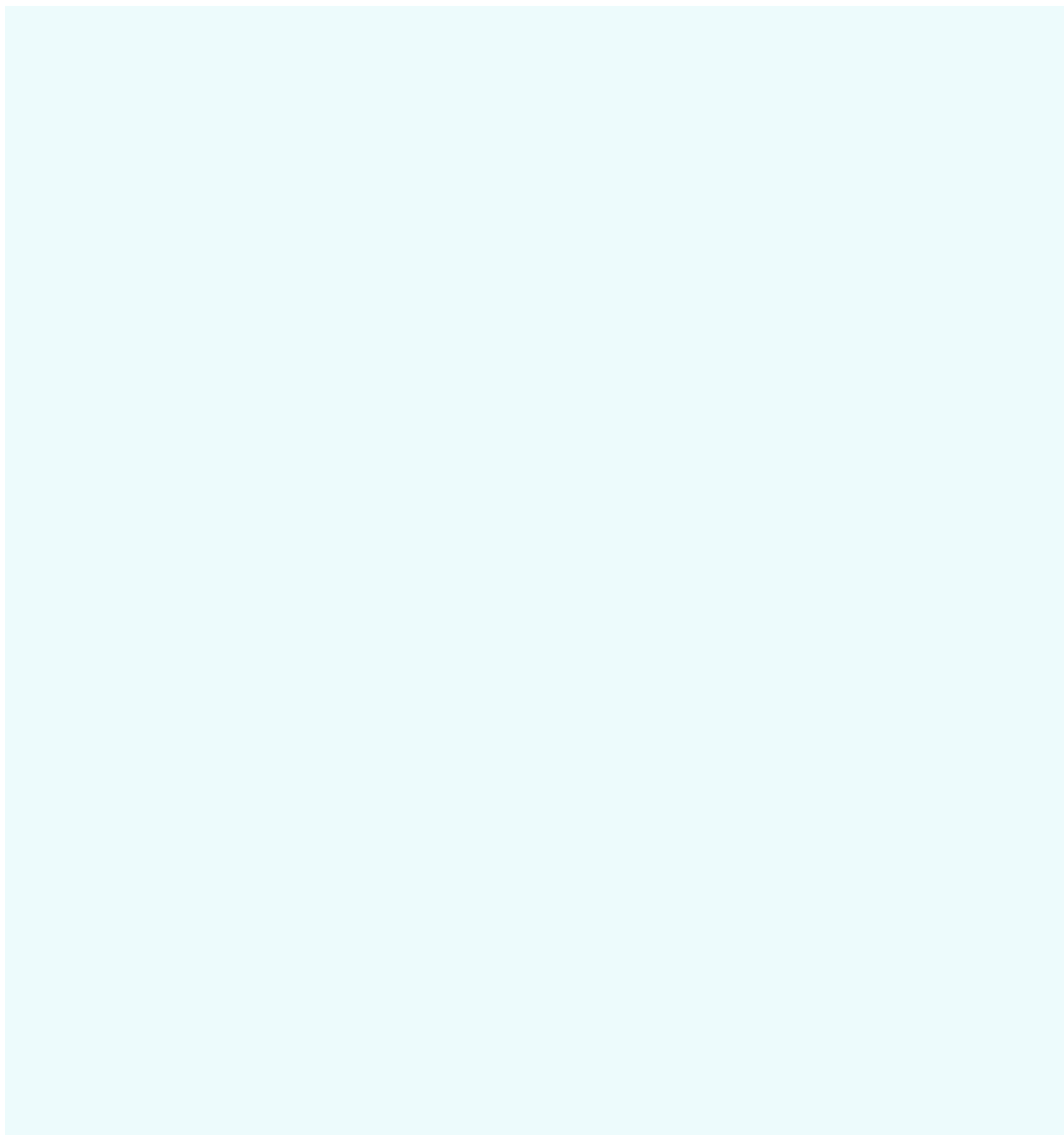
2

3

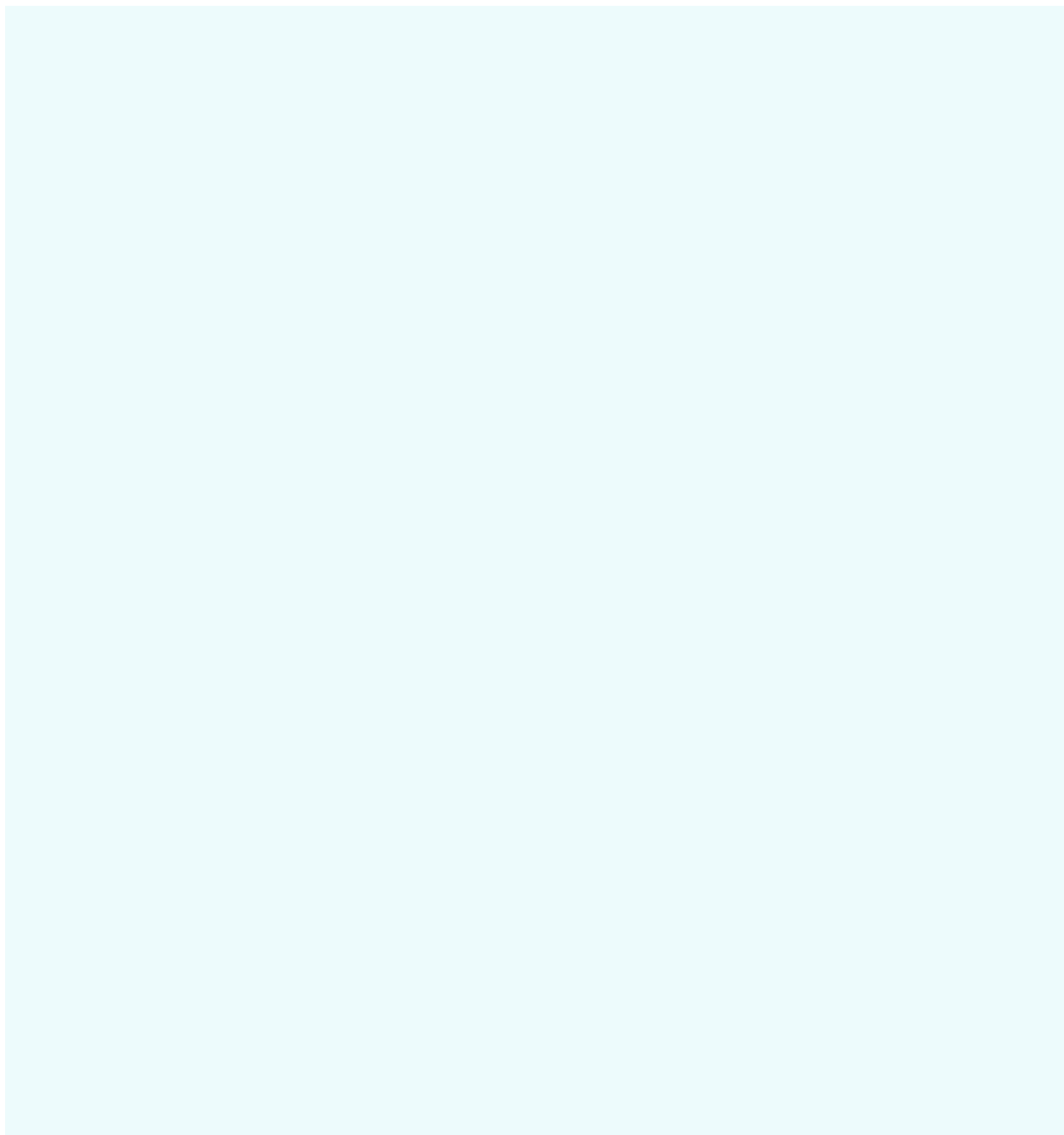
4

5

What things get you up in the morning? What do you have a passion for? What excites you?



If you were at the end of your life, what would you need to have accomplished to have no regrets?



With questions 1 - 4 answered, what actions do you need to take so that the second half of your life is extraordinary ?

