



**GUIDE TO
FINDING
— YOUR —**

**MIDLIFE
PATH**

Name 5 things you have accomplished in your life.
These should be the things you are most proud of.

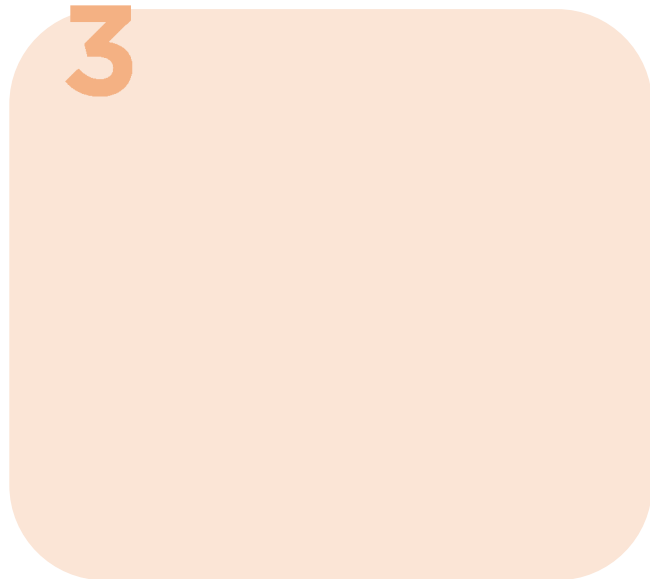
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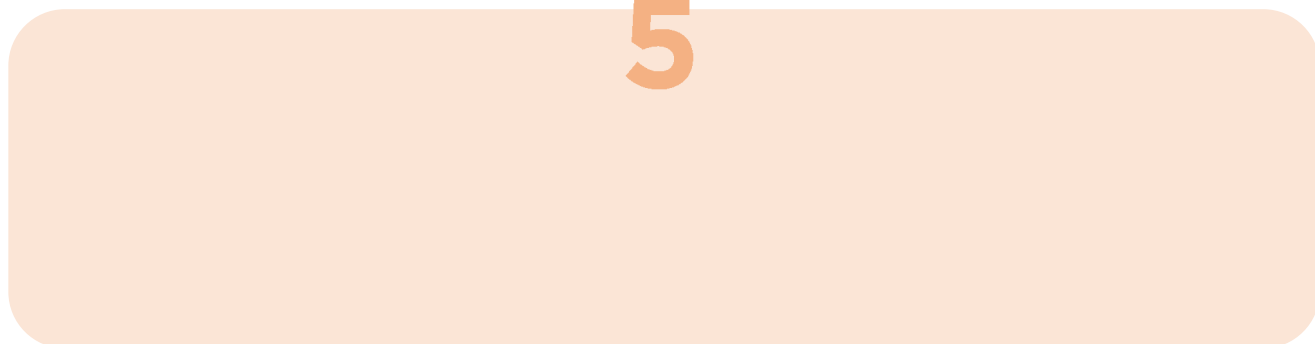
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4



5



**Do not believe the road signs.
There is no **ONE WAY**. If it's
your truth, then its the right
way. There are many paths
beyond the rules of limited
thinking. Trust your instincts.**

BRYANT MCGILL

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

1

2

3

4

5

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

Bob Ross

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

“Find joy in discovering what makes your soul happy.”

Aly Aubrey

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

“Getting lost along your path is a part of finding the path you are meant to be on.”

Joyce Van Patten

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

“In life, the first act is always exciting, but it is the second act – that’s where the depth comes in.”

Robin Sharma