



Age Celebrated Ideas Worth Exploring

As you engage and learn more you will gain insights into certain ideas or concepts that truly resonate with you. This is your opportunity to personalize and focus your own wellness-based life philosophy and work towards the results they inspire. Begin by completing the following steps:

Identify your Interest

A simple idea or thought may strike you as particularly interesting or important as you listen to a podcast, read a blog post or engage in an Age Celebrated activity. Use this worksheet to write down and collect these ideas in one place.

Categorize your Interest

In the next column place the category that most closely aligns with the interest, i.e. exercise, diet, motivation, philosophy, emotional. Categories are assigned to blog posts and podcast if needed.

Prioritize your Interest

Next to each idea, thought or action, determine how important or interesting it was to you using a scale from 1 (minimally interesting or important) to 10 (extremely interesting or important). This will help you focus on what is truly important and of value to you.

Build Your Confidence

Next score your level of confidence or likelihood of making a change based on this interest by using the scale from 1 (not likely or need more help) to 10 (very likely or have the help and support I need).

Identify and Action Plan

Focus on one or two items that you prioritized as high on your interest level.

- Identify a small and simple action you can take for an item that you both prioritized highly and have a high level of confidence.
- Identify any obstacles or support that would help you achieve an item that you prioritized highly but have a lower level of confidence. You can use the Age Celebrated [Q and A Sessions](#) or [Request for more information](#) available to members for more information and support related to your topic of interest.

Identify Trends

Review your entries every 3- 6 months to identify certain trends (a focus on the category entry can be helpful). This can help you identify certain areas of priorities or identify changes over time





Age Celebrated Ideas Worth Exploring

Topic	Category	Priority 1 to 10	Confidence 1 to 10	Action Plan (choose 1-2 topics)	Support or Information Needed





Age Celebrated Ideas Worth Exploring

Topic	Category	Priority 1 to 10	Confidence 1 to 10	Action Plan (choose 1-2 topics)	Support or Information Needed

