

COURAGEOUS AGING

Your Best Years Ever
Reimagined

Self
AUDIT

DR. KEN DRUCK



Welcome to Your Best Possible Future

Thank you for investing your precious time and energy in answering this self-audit.

Sharing the challenges, dreams, fears, and breakthroughs we're all experiencing as we get older; and talking about the issues of aging in a safe, open setting, affords us priceless education, inspiration, and support.

Please Stay in Touch

Please join the *Courageous Aging* Facebook Group, where you will be able to interact with others who are reading *Courageous Aging* and writing in their journals.

You can also join the *Courageous Living* Community at www.kendruck.com to get access to new blog postings, program information, media updates, free downloads, and the *Courageous Living* newsletter.

Blessings,



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www.KenDruck.com

Courageous Aging Self-Audit

Your *Courageous Aging* Self-Audit is broken up into three sections. The **first two sections** provide a series of questions designed to uncover your innermost thoughts and feelings about getting older. **The third section** is designed to help you follow up on what you have discovered and to use what you have learned.

Please take your time completing the audit, even if it takes a few days or weeks.

Like doing your taxes, you may resist doing some of the hard parts. Instead of fudging or quitting, take a break and come back when you're ready. Completing this audit is a gift to yourself, as well as an investment in your own best possible future. Don't cheat yourself out of the discoveries that await you. Open your mind and heart to each question.

Section #1

Please put a check mark next to the age-related **hot spots** you might want to explore and better understand in the course of reading this book.

Circle how big or small an issue each item is in your life, from 1 (small) to 10 (big). Feel free to jot down a short explanation of your response in the space provided.

1. The changes I notice in my body, skin, face, hair, etc.

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

2. Changes in my memory and ability to think provided.

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

3. Changes in my social life, and my relationships.

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue



4. My fears about getting older/old

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

5. My fears about dying

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

6. Changes in my personality that I don't like (for example: "I'm not as patient as I used to be")

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

7. Changes in my personality that I like (for example: I'm more patient)

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

8. Changes in my sexuality and need for physical touch/intimacy

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

9. Changes in how I feel about life in general

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue



10. Changes in how others, especially the members of my family and close friends, treat me

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

11. Changes in my ability to get things done (at work or around the house)

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

12. Changes in my feelings about my closest relationships (indicate specifically whether this is your partner, children, parents or friends)

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

13. Changes in my faith and what I believe to be true

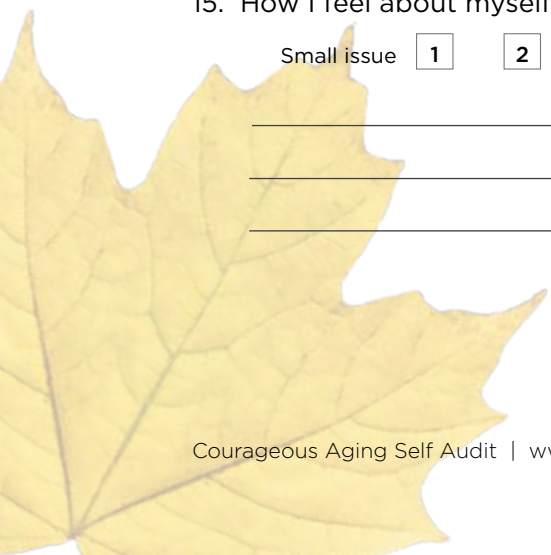
Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

14. Changes in my ability to handle stress/stressful situations

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue

15. How I feel about myself (and my self-worth) at this stage of my life

Small issue 1 2 3 4 5 6 7 8 9 10 Big issue



Section #2

1. Is something inspiring you to explore age-related issues at this time in your life? If so, please look at the boxes below and check the ones that best fit.

- A crisis in my life (circle the ones that apply): divorce, sickness, accident, change in job status, retirement, financial issues, or some other type of crisis.
- I just turned (50, 60, 70, etc.).
- I've wanted to look at some of these issues for a while. This book presented me with the opportunity.
- Something else (please describe)

2. What, if anything, might be at risk if I maintain my current attitudes, feelings, and ideas about getting older? What benefits might there be?

3. What, if anything, might be at risk if I adopt a new, different, or better attitude about the future? What benefits might there be?

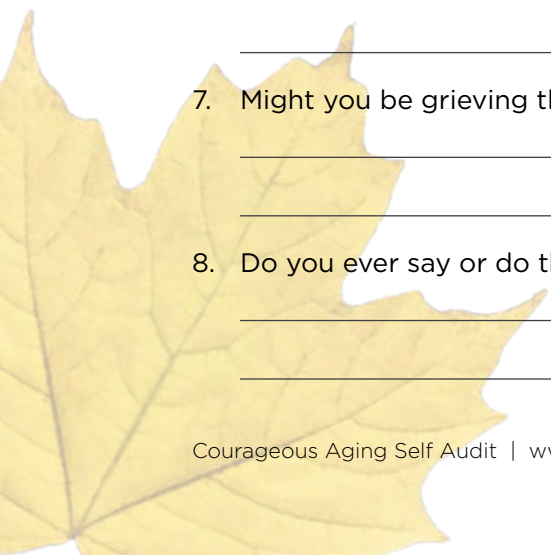
4. A few things I'm dreading as I get older are:

5. A few things I'm looking forward to as I get older are:

6. Are you at peace with, grateful to, appreciative of your younger self? If so, how?

7. Might you be grieving the loss of your younger self? If so, how?

8. Do you ever say or do things to appear younger? If so, how and when?



9. Have you experienced a time or situation when you suddenly felt “old?” Describe how and when this happened.

10. In what ways might you have avoided dealing with getting older?

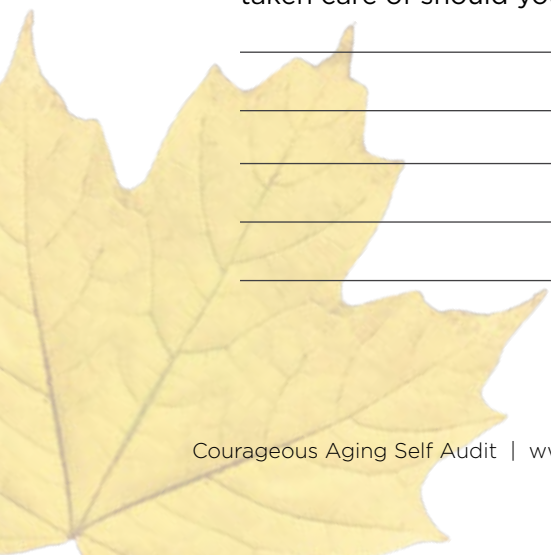
11. Are there a few things you need to work on and improve when it comes to aging? If so, what are they?

12. When it comes to how you feel about getting older, what would be a good thing to change if you could?

13. When it comes to getting older, what guiding principles have you adopted, or would be good for you to adopt?

14. What weighs most heavily on your heart as you think about getting older?

15. What parts of your legal and financial life still need to be handled so your loved ones are taken care of should you become disabled or when you die?



16. Please describe your ideal life as you get older, in the following areas:

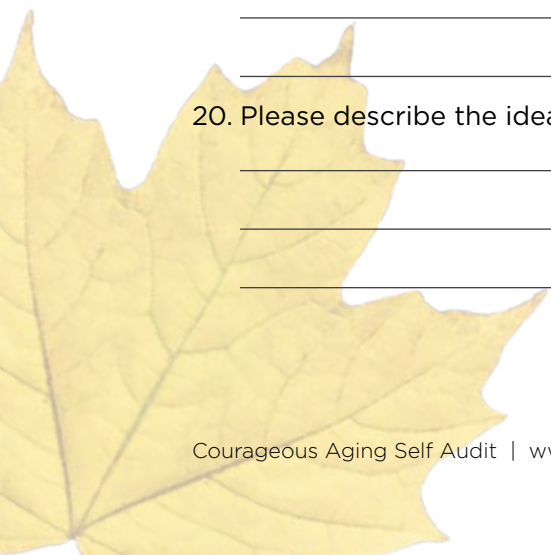
- My Physical Health
- My Mental and Emotional Health and Well Being
- My Relationships/Family Life
- My Spirituality and Faith
- My Activity, i.e., Work Life/Job/Community Involvement
- My Play, Fun, Adventures, and Social Activities
- My Curiosities and Thirst for Lifelong Learning

17. How long do you expect to live? Is there anything you could do that might improve the quality and length of your life? If so, what is it?

18. Have you spoken to those you love about death and/or communicated your wishes about your own death? If so, what have you told them? If not, do you plan on doing this and when? What will you want to tell them?

19. Please describe the ideal conditions under which you'd like to age. Be specific about where you're living, who is there, what you're doing, how you're feeling, etc.

20. Please describe the ideal conditions under which you'd like to die, when the time comes.



21. Please say in a few sentences what you would like your legacy to be and how you wish to be remembered.

Section #3

Exploring the Results of Your Self-Audit

- Step 1** First, congratulate yourself. By completing this self-audit you've just taken a brave and important step forward on the path of courageous living/aging.
- Step 2** Please go back and review your **hot spots** (i.e. the issues that are the most emotionally charged, disturbing or exciting, or that you'll want to revisit). Review your self-audit after reading this book to see if the issues that were identified as **hot spots** have shifted.
- Step 3** Write these highlighted issues down as "My Courageous Aging Work Agenda." Take each item on your list into your thoughts, meditations, moments of reflection/contemplation, prayer, exploration and/or private conversations.
- Step 4** To best ensure following through on and integrating what you've learned, consider:
- Sharing the results of your audit with a trusted confidant, be they a family member, close friend, counselor or coach.
 - Signing up for a workshop/class/conference/support group or a *Courageous Living* discussion group in your community (see guidelines for starting a discussion group or a book club on www.kendruck.com).
 - Gifting yourself and a friend with the ***Courageous Aging Personal Journal***. This companion journal expands upon all the exercises in the book, chapter by chapter, in an 8 ½ by 11 inch workbook. This personal journal will help you formulate an action plan to address the challenging aspects of aging and celebrate the joys you're discovering through the *Courageous Aging* book.

Find out more now at www.KenDruck.com