

7. Looking ahead 20 years, what is my best case scenario?

8. Looking ahead 20 years, what is my worst case scenario?

9. Who are my role models as elders? What do I learn from them?

10. Do I see myself as a role model?

II. My Life In Community

11. Am I afraid of isolation as I age?

12. Do I have a community of people with whom I can plan communal and multi-generational events and celebrate and mourn life's passages?

13. Do I have a community that supports me in my personal development as an elder?

14. If something happened tomorrow that threatened my independence or well-being, do I have a social safety net and support system?

15. What skills and experiences might I bring to the Elders Guild community?

. Paths of Wisdom

Healing and Dying

16. What are my present concerns about my health?

17. What do I do that helps me stay healthy?

18. What do I do that gets in the way of my health?

19. Can I envision myself as a healthy person 10 to 20 years out? What kinds of things will I need to learn and do in order to get there?

20. To what extent am I aware of and do I think about my mortality?

21. Do I envision a time when I begin to prepare myself for the end of life? What might I do?

22. With whom do I share these questions of healing and dying?

My Spiritual Life

23. Do I feel spiritually connected?

24. Do I have a regular spiritual practice? If so, what?

25. With whom do I share my spiritual growth and learning?

26. To what extent do I “walk the talk” of my spiritual life?

27. Twenty years out, how do I envision myself as a spiritual being?

My Family Relations

28. How are my relationships with my closest family members? Are there any relationships that need special attention and healing?

29. What are my greatest assets and contributions to my family well-being?

30. What kinds of negative behavior patterns have I inherited that I now see in my children and grandchildren?

My Financial Affairs

31. Am I satisfied with the way I have put my financial and legal affairs in order? Do I have a living will and final will and testament?

32. Am I comfortable that I have sufficient resources to last the rest of my life?

33. What do I need to learn or do to improve the way I handle my financial situation?

34. Am I comfortable with the decisions I have made about my financial legacy? If not, what do I need to do?

Happiness, Joy, and Pleasure

35. Do I have enough happiness, joy and pleasure in my life?

36. Do I know how to have fun? Do I laugh enough?

37. Do I promote happiness, joy and pleasure in those around me?

38. What kinds of things do I do now to have fun?

39. In the wildest reaches of my imagination, what kinds of things do I want to do to bring more happiness, joy, and pleasure into my life?

Legacy

40. What is my legacy to those who will follow?

41. What have I inherited, learned or created that I want to see carried on by future generations?

42. How do I want to be remembered?

43. What am I doing to assure that my legacy will be inherited?

Karma Fixing

44. Imagine. I have just taken my last breath and my life is being judged. Am I satisfied with the balance between my acts of justice and loving kindness and incongruities with my best values? Am I at peace with my life?

45. Looking back on my life, is there anywhere where I have fallen short that I can still directly repair without bringing further harm?

46. If there are things it is too late to fix directly, are there *good deed offsets* that I can make that will balance my overall karma and strengthen my peace of mind?

Peacemaking

47. Am I aware of the emotions of other people around me?

48. Am I aware of my own feelings as I relate to others?

49. In conflict situations, do I tend to choose up sides, do I promote reconciliation, or do I do some of both?

50. Have I been willing to be a bridgemaker in conflict situations, making room for everyone's self interest, including my own?

51. What are my assets as a peacemaker? What do I do personally that undermines the process of bringing people together?

52. What are the skills I need to cultivate in order to increase my peacemaking capability?

Blessing Others

53. Have I experienced blessings from others in meaningful ways?

54. How have I experienced the power of my own good words? Of my negative words?

55. Do I verbalize my good wishes to others? How frequently?

56. Do I freely give my blessings to younger people? To my peers?

Living on the Earth

57. Am I aware of the environmental crisis and am I taking actions in my everyday life such as re- re-use, reduce and recycle?

58. What am I willing to do to increase my awareness of environmental issues, problems and hopeful solutions?

59. What additional actions am I willing to take to create a healthy environment?

IV. Championing the Future

60. What are the issues that concern me the most locally? Globally?

61. What skills and experiences do I have that can be used to contribute to solving those issues and concerns?

62. Am I willing to invest my capital assets in opportunities that do not harm the future, or that contribute to leaving the world a better place for the children and grandchildren?

63. What projects, causes or movements am I involved in or interested in becoming involved in that we can work on together in our local Elders Guild Community?

64. Which elder activists inspire me?

65. Imagine that in our lifetime 50 million elders around the world link up and invest their skills, energies and financial assets to make the world a better place. What kinds of things might they achieve?