



Spirituality for the Second Half of Life Self-assessment

This self-assessment is solely for your personal contemplation and discernment. You will not be *asked* to share it with anyone...so be completely honest with yourself. The questions are meant to help you identify your own expectations, transitions, and experiences moving into the second half of life.

1. What personal challenges, if any, are you experiencing now or processing that you may face in the future in the transitions that accompany the second half of life? Please mark (✓) ALL that apply.
 - ☐ Uncertainty about vision/direction for years post-retirement
 - ☐ Need/reluctance to consider downsizing
 - ☐ Uncertainty about *where* to live in post-retirement years (nearer children or other family members, "aging in place", retirement or care community, etc.) ... and *when*
 - ☐ Questions about transitioning from work-related activities/friends to new activities/friends
 - ☐ Question about "Who do I consider to be a part of my community? My faith community?" How deep are my relationships in community? Am I seeking closer soul friends now?
 - ☐ Concern for finding meaningful activities with purpose during the second half, not feeling stuck or like I am "wasting precious time"
 - ☐ Concern about the growing needs of a family member
 - ☐ Concern about sustaining care for a family member
 - ☐ Concern about having adequate financial resources for post-retirement years
 - ☐ Concern about health issues...or *potential* health issues
 - ☐ Occasional feelings of fear, loneliness, or depression
 - ☐ Increasing anxiety, diminishing joy
 - ☐ Denial/avoidance of difficult or emotional decisions/conversations
 - ☐ Uncertainty about how to handle and communicate end-of-life issues for self or others
 - ☐ Others: _____

2. Spiritual questions often arise in the second half of life. Please mark (✓) ALL that you have considered or expect may arise later and deserve some of your attention.

- ☐ Who will I be when I am not who I have been for the past 30-40 years? (Transition into the “unknowns” of post-retirement years and new activities)
- ☐ Do I feel like I am facing aging well? Or am I doing my best to ignore it?
- ☐ Do I feel like I am in touch with my True/Authentic Self? Who am I? Am I living that Self?
- ☐ Have I thought about what I *want* this second half of life to look like? What is the basis for my “wants” and are they realistic?
- ☐ Have I spent too much time thinking about a “bucket list” or a “regrets list” rather than focusing on the “now”?
- ☐ What am I expecting to happen as I age? What feelings does this question bring up?
- ☐ How comfortable am I with uncertainty/unknowing about what the future will hold?
- ☐ Do I trust God to provide comfort and strength when I need it?
- ☐ Do I feel God’s presence in my daily life? What does it mean to me to “abide in God’s presence?”
- ☐ Are there things I believe I need to “put in order” in this lifetime?
- ☐ Do I spend time worrying about the future? The past? Can I learn to live in the now?
- ☐ If I am honest with myself, do I have some discomfort or fears about aging/dying?
- ☐ Am I likely to be prone to denial or procrastination in dealing with issues of aging? Do I understand why?
- ☐ Do I have one or more spiritual practices that truly nurture my relationship with God?
- ☐ Would I like to experience a deeper spiritual life and want to explore how? Do I have someone I feel comfortable discussing these spiritual questions with?
- ☐ Am I interested in exploring the difference between “Wait and see” and “Come and see” in my spiritual journey for the second half of life?
- ☐ What do I believe about eternal life? What do the scriptures mean to me when I read, “I go to prepare a place for you?”
- ☐ What do I believe this life is all about? Why am I here?
- ☐ How and where can I find real peace?
- ☐ Is there sometimes fear in the shadows...and joy in the sunshine...for me?
- ☐ What would it be like to be peace rather than to be at peace?

3. Which of the following might you be interested in exploring as you develop a new tool kit for living in this new phase of life? Please mark (✓) ALL that apply.

- ☐ Participation in projects that appeal to fulfillment, my passion, or sense of purpose, e.g., food bank, mentoring/tutoring, Habitat for Humanity, social justice issues, or others
- ☐ Exploration of becoming more comfortable with “unknowing” for my spiritual journey in the second half of life
- ☐ Self-discovery of my True Self in a guided class, e.g., on the enneagram or *lectio divina*
- ☐ Participating in a book discussion group on spiritual topics, perhaps varied by stages and ages of participants
- ☐ Joining small group gatherings or discussions that engage in meaningful sharing about topics for the journey
- ☐ Discovering a new/richer understanding of spirituality with friends
- ☐ Exploring new spiritual practices, e.g., centering prayer, the labyrinth, Anglican prayer beads contemplative prayer, meditation, the Pray-As-You-Go app, or others
- ☐ Learning more about how to become a “sage” in my own parish
- ☐ Participating in a guided retreat or pilgrimage
- ☐ Learning more about my own and other faiths/organized religions
- ☐ Becoming a spiritual companion or friend to those less active
- ☐ Giving or receiving caregiver spiritual support
- ☐ Learning how to discuss/address end-of-life issues with family members or others
- ☐ Seeking grief support

4. What ministries or groups are you already involved in? Circle those most meaningful?
Is it time to let go of any of the others?

5. What have you been most anticipating doing in the second half of life?

6. What, if anything, are you most concerned about in the second half of life?
