

# Crafting Your Vision for Aging in Place:

## A Reflective Worksheet

### 1. Reflect on Your Core Values

- What brings you the most joy and sense of purpose in life?
- Which values are most important to you as you age?  
(e.g., independence, connection, creativity, spirituality, routine)
- What kind of legacy do you hope to leave behind?

### 2. Envision Your Ideal Day

- Where do you imagine yourself living?
- What activities fill your day from morning to evening?
- Who are you spending time with regularly?
- How do you want to feel each day—physically, emotionally, and spiritually?

### 3. Consider Your Needs and Preferences

- What does physical comfort and safety look like for you?
- How important is social interaction and community in your daily life?
- What role do nature, hobbies, or spiritual practices play in your well-being?
- What kind of support might you need with daily tasks or healthcare?

#### 4. Identify What You Want to Avoid

- Are there living situations or routines that would feel isolating or limiting to you?
- What are your biggest fears or concerns about aging, and how might you address them proactively?

#### 5. Write Your Vision Statement

Now, using your reflections above:

- Write a paragraph, a list, or even a letter to your future self.
- Focus on what feels **authentic and meaningful** to you.
- There's no right or wrong—this is your personal vision.