

Life Review Questions to Create Your New Life

Personal Reflection and Identity

1. What three words best describe your personality? How have these traits shaped your life?
2. What core values have guided your decisions throughout your life? Are these values still central to who you are today?
3. How would you describe your current life purpose? Has it changed over the years?
4. What do you consider your greatest achievement in life? What made it so meaningful?
5. How have you created a meaningful life that aligns with your values?
6. Are there parts of your identity or passions you haven't fully explored? Why not?
7. What childhood dreams or aspirations have you fulfilled? Which ones are still on your list?
8. What are your most significant challenges, and how did you overcome them?

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Relationships and Connections

1. Who have been the most influential people in your life, and why?
2. How would you describe your relationship with your family?
What role do they play in your life now?
3. What friendships have had the most significant impact on you? How have they shaped your worldview?
4. Have there been any important relationships you lost touch with that you'd like to reconnect with?
5. How do you feel about your current social circle? Does it fulfill your need for connection and support?
6. What role has forgiveness played in your life? Is there anyone you still need to forgive or ask forgiveness from?
7. How do you want to be remembered by your loved ones?
What legacy would you like to leave?

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Career and Contributions

1. What accomplishments in your career or work life are you most proud of?
2. If you could go back and change one decision in your professional life, what would it be and why?
3. How has your career influenced your sense of identity and purpose?
4. Have you contributed to your community or society in ways you feel good about? Are there other contributions you still wish to make?
5. What skills or talents do you have that you haven't fully utilized? How might you use them now?
6. Are there causes or issues you are passionate about and would like to become more involved in?
7. How do you view the concept of retirement? Is it something you embrace, or do you feel called to continue contributing in some way?

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Love and Loss

1. How have love and relationships shaped your life? What have you learned about love over the years?
2. Have you experienced significant loss? How has it changed you, and what have you learned from it?
3. How do you continue to honor the memory of loved ones who have passed away?
4. What role has grief played in your life, and how have you coped with it?
5. How do you feel about your romantic relationships? Are there unfulfilled desires or experiences you wish to explore?
6. What has your experience with widowhood or being single taught you about independence and self-reliance?
7. How do you nurture love and compassion for yourself in your daily life?

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Spirituality and Inner Growth

1. How would you describe your spiritual journey? Has it been a source of strength for you?
2. What spiritual beliefs or practices have brought you comfort or guidance?
3. Are there spiritual or religious experiences you would like to explore further?
4. How do you find meaning and purpose in life? Has this evolved over time?
5. What role does forgiveness play in your spiritual life? Is there anyone or anything you need to forgive?
6. How do you connect with something greater than yourself? How does this connection influence your daily life?
7. How do you approach the concept of mortality? What are your thoughts on the afterlife?

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Reflection on Time and Aging

1. How do you feel about the passage of time? Do you feel you've made the most of your years?
2. What would you like to accomplish in the next decade of your life? How will you make these years meaningful?
3. How do you view the process of aging? What wisdom have you gained with age?
4. Are there activities or hobbies you've always wanted to pursue but never did? What's stopping you from starting now?
5. What life lessons do you feel compelled to pass on to younger generations?
6. How do you balance the memories of the past with the reality of the present and the possibilities of the future?
7. What rituals or routines help you celebrate the passing years and the milestones of life?
8. How do you wish to be supported as you continue to age? What conversations do you need to have with loved ones about your needs?

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Vision and Legacy

1. What legacy do you wish to leave behind? How do you want to be remembered by future generations?
2. Are there creative projects or passions you wish to complete before your time is up?
3. What stories from your life do you want to share with your family and friends? Have you considered writing them down?
4. How do you view the concept of a "bucket list"? What items would be on yours?
5. Are there unresolved issues or unfinished business that you feel needs attention?
6. What lessons from your life do you believe are most important for others to learn?
7. How do you plan to continue growing and learning in the years to come?
8. What are your hopes for the world and future generations? How can you contribute to making these hopes a reality?
9. How do you want to spend your remaining years? What activities, relationships, or goals will you prioritize?

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Finances and Financial Growth

1. How do you plan to ensure financial stability for the next 20-25 years? What strategies will you use to manage your savings, investments, and expenses?
2. What is your current retirement plan, and does it align with your vision for the future? Are there any adjustments you need to make?
3. How do you want to balance enjoying your wealth now with preserving it for future needs or legacy goals?
4. Have you considered the potential costs of healthcare as you age? How are you planning to address these expenses?
5. What steps can you take now to minimize financial stress in the future? Do you need to consult a financial advisor to refine your plan?
6. Do you have a plan for managing any debts or financial obligations? How will you ensure they don't interfere with your desired lifestyle?
7. Are you interested in leaving a financial legacy for your family or a charitable cause? How will you structure your finances to achieve this?

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Living Arrangements

1. Where do you see yourself living in the next 20-25 years? Does your current home meet your needs, or do you envision a change?
2. What kind of living environment will support your health, happiness, and independence as you age?
3. How important is proximity to family, friends, and community for your living arrangements? What locations or communities appeal to you?
4. Are you considering downsizing, relocating, or moving into a retirement community? What factors will influence your decision?
5. How will your living arrangements support your lifestyle goals, such as travel, hobbies, or social activities?
6. What kind of support systems (e.g., home care, assisted living, community services) might you need as you age, and how will you plan for these?
7. Are there any home modifications or adaptations you should consider to make your living space more comfortable and accessible?
8. How do you want your living space to reflect your personality and values? What changes can you make now to align it with your vision?
9. If living alone becomes difficult, what options would you consider to maintain your quality of life?