

THRIVING AT **ANY** **AGE** CHECKLIST

Health

- ☐ 🗓️ Schedule regular check-ups
- ☐ 💧 Hydrate consistently
- ☐ 😴 Prioritize sleep 🧠
- ☐ 🏃 Add a little exercise to your day
- ☐ 🥗 Throw some color (veggies + fruits) on your plate

Social

- ☐ 🤝 Reach out to loved ones
- ☐ 🎉 Engage in group activities
- ☐ 🎁 Give back
- ☐ 🎊 Celebrate YOUR milestones

Mental Health

- ☐ 🎯 Set goals
- ☐ 🌟 Be open to curiosity
- ☐ 🤔 Ask yourself the hard questions and be honest with the answers
- ☐ 🎓 Learn new skills
- ☐ 🙏 Find something to be grateful for every day
- ☐ 🔄 Remind yourself you're "never too old" to try something new
- ☐ ⌚ Track your screen time

Helpful Resources

- ☐ agingwhileblack.co
- ☐ www.asaging.org
- ☐ www.thedementiaguru.com
- ☐ oldschool.info
- ☐ reframingaging.org
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Say it with me, "it's all about
my aging experience."

**Gero-
what?!®**

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