

Midlife Timeout Jump Starter:

8 questions to self evaluate your life



A midlife timeout is the perfect space to step back and evaluate your life progress to prepare for mid-course corrections. Life may have thrown you some curves, so it's important to assess your vision and compare it to where you are and where you want to go!

Below are 8 questions to help you begin this process. Start a journal - writing down your thoughts helps you process and gives you a handy reference tool.

1. What is your vision for your life?
2. If you look to the very end of your life, what would you want people to say about you?
3. What are your beliefs and how have you lived them out?
4. How are you living now?
5. Are you the person you want to be?
6. Are you doing what you want to do?
7. If you could wave a magic wand, what would your life look like right now?
8. How might life be different if you lived as you really want to live?

For more ideas and tools, visit www.elainejunge.com and the Midlife Timeout Community and Blog.