



Graceful Aging



How Wise Are You? Take the Quiz and Find out...

*Do not regret growing older.
It's a privilege denied to many.*

	Never 1	Seldom 2	Don't Know 3	Often 4	Usually 5
How often do I consult with others before making decisions?					
How often do I get into disagreements/arguments with people in my life?					
How often do I feel positive about my life circumstances?					
I am able to openly admit my own fault or error to others.					
I am comfortable with uncertainty in my schedule.					
I am open to listening to other people's opinions without expressing my own.					
I feel grounded in my own spiritual faith.					
I enjoy trying new things.					
I have a good sense of humor.					
Add up check marks in each column and enter total here:					

Scoring:

- Give yourself **1** point for each check mark in **Never** column: _____
 - Give yourself **2** points for each check mark in **Seldom** column: _____
 - Give yourself **3** points for each check mark in **Don't Know** column: _____
 - Give yourself **4** points for each check mark in **Often** column: _____
 - Give yourself **5** points for each check mark in **Usually** column: _____
- Add your points together for your Total here:** _____

Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

www.Live2BHealthy.com



¹<https://www.penguinrandomhouse.com/books/598506/successful-aging-by-daniel-j-levitin/>