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love. Louise x

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WELLBEING WARRIORS

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~ Age Well ~ Worksheet - November 2023

This is THE BEST worksheet!
Go make yourself a cuppa. Dive in. Enjoy the process 😊

Please pick a DATE to start this letter that feels like a good age to symbolise “Old Lady You”. So, it might be 5 years from now, or it might be 40 years from now. Decide the age of Old Lady You and use it to calculate the date of the letter below.

It's the morning of Friday 1st November 20_____. Here we are in November again, one of my favourite months. I am now the ripe old age of _____! How about that! I shall have a little toast to Old Lady Me right now with my glass/cup of tea/coffee/champagne/tequila that is already in my hand: go me! What an age to be celebrating. I must say I am feeling _____ and _____ this morning.

I'm sat comfortably here at _____ and I'm in a reflective mood! I still can't believe I am _____ years old and still feeling so _____ and _____. I've got plenty of time this morning to check in on life, what's been, and what is still to come. Oh yes there is life in the old girl yet! Still such a Wellbeing Warrior at heart, always winning and learning, that's me. Personal Growth is a lifetime journey as Louise always says.

The think I am most pleased about at this age physical health-wise is _____ and _____. I am in _____ shape. I am SO GLAD I took the decision to take up _____ when I was ____, and I also chose to break the habit/change/fix _____ so many years ago. Those two things have been the biggest determinant of the physical health I enjoy today. If I could go back and give the young me any advice on taking care of my physical health then it would be _____.

My body feels _____ and I am wearing _____ today. I look _____. I slept _____ and later today I will be taking care of my glorious ole bod by _____. I'm happy and grateful to be doing it.

In terms of mental health and personal growth I am really pleased I _____ as that has made a real difference to _____. My biggest learning has been _____.

When it comes to the key relationships in my life, specifically with _____ the best thing I chose/created/discussed/progressed/experienced was _____ and I am SO glad I made the time to make that happen. The most important relationships in my life today are _____ and _____ and _____, and I value them so much because _____. I am sad the relationship with _____ did not stand the test of time but I have found peace and acceptance and so many other relationships have come that have brought a different sort of joy and connection to my life. I've come to know that learning to let go with grace is part of circle of life and I've made peace with that.

In terms of my house/living situation I currently live _____
and I feel _____ here. What I like about it most is
_____. My sense of purpose and connection these
days comes very much from _____. It's a
fascinating evolution/radical change from my career. How it's all unfolded is
_____ in a very easy and natural way. I really
enjoy _____ now especially. Socially
_____ has been brilliant for me, and my favourite
pastime/hobby/holiday/event these days is undoubtedly _____.
Such fun!

My money situation is _____ and I feel _____
about it due to _____. It enables me
to _____ and _____, and I am so glad
I decided years ago to _____.

Overall I feel pretty _____ about life: the things I am most proud and
pleased about are that I _____ and I
_____. I am also really glad that I resolved
_____ in 20___. My happiest moment this year was
shared with _____ and it was so special.

Looking back at _____ age is such a privilege. I am so grateful for
_____ and that _____ worked out.
I am also feeling peaceful about _____ and that I can
gently farewell _____. I am absolutely proudest of
_____ and I have learned _____ about life.
I tell you what, I am SO glad I stopped worrying about _____ when I
did. Wish I'd given up the fear around that a lot sooner.

If I could go back and tell my younger self anything it would be _____
_____, and definitely _____!

How I wish I had known that then: winning and learning 😊 I am so glad I invested
time and prioritised _____ in that last _____ years, that has
really made a difference to my life.

Finally, this isn't all a retrospective. I'm really content about _____,
_____ and _____, and I am looking positively at
_____ which is to come. I will prioritise _____ as I
make these years count.

When I was younger I had so much _____ and _____. Now I have
far more _____ and _____ and I embrace all this rich chapter of
life holds. Christmas is coming in just a few months and I shall _____!

Good work Old Lady Me!