My Life Review

Name: _____ Date: _____

Cycles of Aging (1)		The Five Stages of the Soul (2)
Birth - 7	Infancy & early childhood	**1) The Call:** change of heart, conversion, etc.
8 - 21	Puberty, awakening of sexuality & adolescence	**2) The Search:** quest for guidance
22 - 28	First adulthood	
29 - 35	Building adult personality	**3) The Struggle:** involves disillusionment, despair,
36 - 42	Career and family	regret and impatience
43 - 49	Established social identity. We have "arrived."	
50 - 56	Contacting our inner selves	**4) The Breakthrough:** occurs with a burst of
57 - 70	Coming into the fullness of our power, elderhood	vision, a new beginning and experience of joy
71 - 84	Time for harvesting, reflecting, feeling pride,	
	finding our place, and continued elderhood	**5) The Return:** means that life goes on as before
85 +	Cont'd elderhood, increased health care needs	with a difference that makes the ordinary unique

1 - Schachter-Shalomi and Miller, *Age-ing to Sage-ing*

2 - Moody and Carroll, *The Five Stages of the Soul*

Using the "Cycles of Aging" and "Five Stages of the Soul" as reference, recall and write about past events (or future hopes) at different ages of your life. At what age(s) were you Called, Searching, Struggling …

Age	Event	Remarks

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1) Did you find this My Life Review exercise easy or difficult to do? If difficult why? 2) What insights did you have while doing this? 3) What legacy, or "gift to the world" am I going to leave to my family and the world?

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