

Make room for possibilities

A reflection sheet that leaves room for real limits, support and rest.

A fictional example

"I am too old to learn this" becomes "I could try one short lesson, with help, and decide whether I enjoy it." You do not have to feel positive all the time.

A thought about aging I have noticed

What is a real constraint, and what may be an assumption?

A small possibility I would like to explore

Support or an adjustment that could help

What the often-quoted study found

Levy and colleagues (2002) followed 660 adults aged 50+. More positive self-perceptions of aging were associated with longer survival. This observational finding does not prove that changing your outlook adds a set number of years, or that illness reflects a poor attitude.

Source: Levy et al., Journal of Personality and Social Psychology, 83(2), 261-270.

Study record: pubmed.ncbi.nlm.nih.gov/12150226/