

# A Life Review Journey Quiz

## Are You Ready?

Questions	Yes	No
Are you approaching or beyond your 50th or 60th birthday?		
Are you thinking about, or have you already retired from work?		
Are you thinking about reinventing yourself for the last 10-15 years of your career?		
Have your kids been launched into the world or off to college?		
Have you recently been through a divorce after 20 or more years of marriage?		
Are you a Baby Boomer and feeling your age more acutely?		
Are you worried about or do you have a fear of death?		
Are you going through a major health crisis?		
Has someone very close to you recently died, like a parent, spouse or good friend?		
Are you feeling stuck in life and know you are ready for a change?		
Do you have regrets or is there sadness in your heart about your past?		
Are you holding onto resentments and do you have negative thoughts about people who have hurt you in the past?		
Are there things you want to experience in life and you fear there is not enough time or energy left to do them?		

**If you answered yes to one or more of these questions, then you would benefit from a life review.**