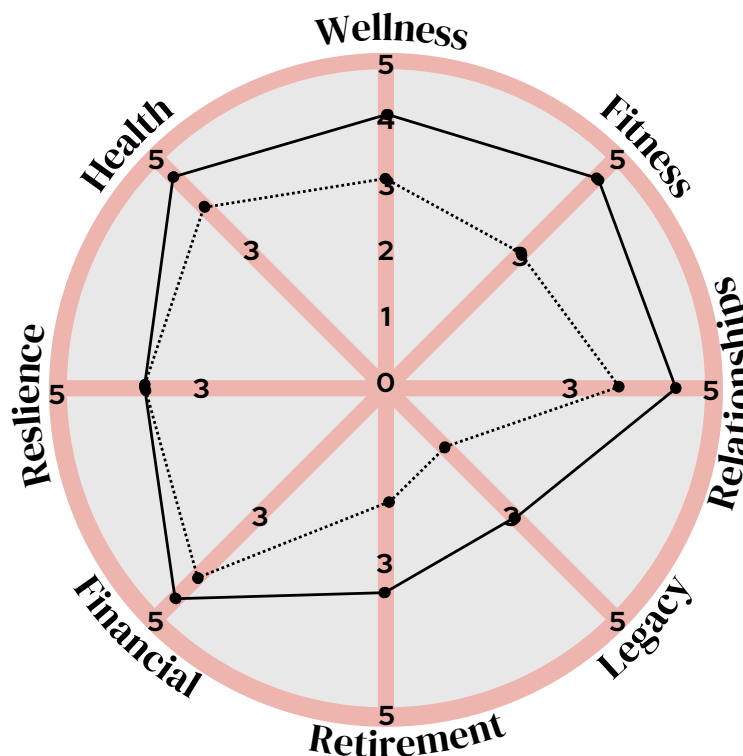


Midlife Assessment Tool

The Midlife Assessment Tool is designed to help individuals evaluate their current status and aspirations across key areas of their life: Here's how to effectively use the tool:

- **Mark Your Current State:** Place a dot on the assessment tool to indicate where you currently stand in each area. This should reflect your honest assessment based on your current circumstances and feelings.
- **Set Aspirations:** Place a second dot on the tool to mark where you aspire to be in each area. This represents your desired state or goals for the future, considering what you envision for your midlife and beyond.
- **Analyze the Gaps:** Once both dots are marked, analyze the distance between them for each area. Larger gaps between your current and desired states indicate areas where you may need to focus more attention or effort.
- **Prioritize Areas for Improvement:** Focus on the areas with the largest gaps between your current and desired states. These are areas where you can prioritize your efforts to make meaningful progress towards your goals.



Example

Midlife Assessment Tool

