

**USE THE
MIDLIFE CHECKLIST©
TO FIND OUT**

*Which of the 3
psychological phases of midlife
(40s – 70s)
you are in at this time*

*Which of life's
7 threads of becoming
are weaving through your life at this time*

The Midlife Checklist©

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The Midlife Checklist© is a unique, research-based instrument. It is the first and only tool for women and men in their midlife years (40s through early 70s) that is designed to provide the following important information:

1. Which of the three psychological phases, in midlife and beyond, you are in at this time (you can be in more than one at a time), and
2. Which of the Seven Threads of Becoming are weaving themselves most prominently into your life at this time and seeking your attention. The Seven Threads of Becoming include:
 - Authenticity
 - Body
 - Creative Energy
 - Heart Matters
 - Identity
 - Loss and Grief
 - Relationship

The Midlife Checklist©, in Chapter Three of my book, Midlife Check-In: Who Am I Really?, focuses your attention on fifty (50) inner experiences and outer behaviors that are typical for both women and men at various times in their midlife transition. The Checklist also includes designated questions specific to men and specific to women. It asks you to the items that *feel true* for you at this time or that *have felt true* for you during the last six (6) months. **The Midlife Checklist©** is a kind of “GPS” for locating your current position(s), psychologically, on the spectrum of your middle years and beyond.

The Midlife Checklist© has no “right” answers. You choose *your* answers by listening closely to what you know to be true for you, based on your experience. Take note of what *feels* true and let these honest feelings guide which items you will choose.

After you complete **The Midlife Checklist©**, you will follow the accompanying directions to find your results.

Chapter Four of my book will show you the *meanings* of your choices on **The Midlife Checklist©**. Chapter Five gives detailed descriptions of the three (3) psychological phases of midlife, how they ebb and flow in us, and the many gifts inherent in them. Chapter Six provides specific examples of the sorts of things that can come up in midlife in relation to the Seven Threads of Becoming as they weave themselves in and out of your life.

Where to Find The Midlife Checklist©

The Midlife Checklist© is found in my book, Midlife Check-In: Who Am I Really? which is available online and in our local bookshops: Pilgrim’s Way in Carmel, and Luminata in Monterey. Also, I always have copies in my office for those who wish to purchase one from me directly.

Brava for your personal interest in discovering more and important information about who you are---*really*--- during these pivotal and transformational years of your life---midlife and beyond!

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Consider these sample items.

**The Midlife Checklist©:
Which Phase (Or Phases) of Midlife Am I In?**

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DIRECTIONS

The following -list focuses on typical midlife experiences and behaviors. There are 50 items. Read each one and ask yourself: “Does this statement feel true about my personal experience *within the last six months*?” Notice if the statement resonates for you—if it *feels* or has felt familiar to you, during the past six months. If it does, check it. There can be no “right” or “wrong” answers to the Midlife Checklist©. Your responses will vary from anyone else’s because of the unique aspects and experiences of who you are. Simply what is true for *you*. Items #44-50 are in two sets: one for women and one for men.

- 1. I want to keep the lifestyle of my 20s and early 30s alive.
- 2. Regrets or dissatisfactions about my life are creeping in.
- 3. I question my sensual and sexual appeal. I feel vulnerable in sexual or other intimate relationships.
- 4. More often than not, I feel a clear inner calm about where I am headed.
- 5. I am more and more selective about how I spend my time; I am less inclined to “do it all.”
- 6. “Newness” draws me: new physical appearance, new pursuits, new partner(s).
- 7. Earlier dreams of happiness are melting away or have been shattered abruptly.
- 8. Something *deeper* than work, job, or career is calling to me.
- 9. I have a sense that there *is* light at the end of the tunnel.
- 10. People I used to idealize now disappointment me; new feelings of self-doubt and of doubt about my relationships are coming up.
- 11. I am losing older loved ones more often.
- 12. I have a strong sense of wanting to leave something of myself to the world.
- 13. Sometimes I have the urge to abandon the life I have for something entirely different.
- 14. I change jobs or relationships in hopes of changing my sense of who I am.
- 15. I am becoming less focused on the “cracks” in my physical image and more focused on who I am on the inside.
- 16. I feel a deep sense of being part of a larger web of influences in the world.