

My Action Items Worksheet



Strategies for Staying Connected & Engaged

Suggestion	Examples	Action I can take:
Build a strong social network	Attend a social club event. Try a Meetup group.	
Engage in community activities	Find a fundraiser event Attend a town meeting	
Find purpose through hobbies	Art class at a museum Join a pool league Adult ed class	
Find purpose through volunteering	Rotary or other civic group Mentoring students Church group	
Find purpose through lifelong learning	Find a college offering free tuition for older students. AARP live online classes Local Adult Ed classes	
Use Technology	Learn to use a computer. Play games on your phone and computer. Find out if your senior center or library offers classes.	

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Suggestion	Examples	Action I can take
Surround yourself with positivity	Comedy movies alone or with others Read something funny The Happiness Club	
Practice an attitude of gratitude	Say Thank You to the universe in the morning and at night.	
Engage in physical activity	Yoga or chair yoga. Walk every day or in the mall. Learn Pickle Ball. Tai Chi.	
Cultivate hobbies and new interests	See hobby suggestions above. What are you interested in? Look for a dinner group on Meetup.com	
Adopt positive self-talk	You are not "old." You're full of life experience. You have gained wisdom. What is your best quality at this age?	
Embrace mindfulness practices	Listen to calm music. Sit in silence and breathe. Find free meditation on YouTube. Walk in Nature. Watch birds at a bird feeder.	