

### Activity 5: Assess your life satisfaction

Review the list of activities in the table below and identify those that you follow regularly. Then copy this activity for a discussion with your parents.

Activity	Rarely	Occasionally	Often
I practice the five A's for emotional health: Appreciation Acceptance Affection Achievement Amusement			
I include spiritual activities such as praying, meditating, reading inspirational literature, listening to music, or participating in organized religion.			
I feel that I have an important social role within the family and/or society.			
I challenge my mind by reading, playing chess or bridge, joining a discussion group or book club, doing crossword puzzles, or engaging in new learning.			
Other ways I promote my life satisfaction include:			

You have permission to copy this activity for personal use and to share with others.

Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope*. 2<sup>nd</sup> ed. 2010. ElderWise Publishing. <https://youragingparents.ca>

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