

THEN vs NOW

A big part of making decisions as we go through life is taking into consideration what things may have changed for us and how those things have changed. Some of these changes are awesome, for example – you may not have been able to afford your dream home at age 22, but you've aged/grown/changed, earned a great income, and have saved. At age 40, you can afford it!

However, other things change and can be real bummers.

This exercise is devoted to identifying things that have changed within ourselves, or bodies, and our lives. We often compare our “now” self to our “then” self, overlooking the practical things that either no longer exist, or are significantly different than what they were. Many of these things, we are perfectly okay with and accept as a natural part of aging. Other things, not so much. But why is there a discrepancy? If we accept that some changes are natural, why can we not accept that MOST changes are natural and allow ourselves a bit of patience and grace?

| | Age 25 | Age 35 | Age 45+ | Can you accept as a natural part of getting older? |
|--|--------|--------|---------|--|
| Responsibilities (increase/decrease/ harder/easier) | | | | |
| Weight control (more/less difficult) | | | | |
| Flexibility (stretching, more or less difficult) | | | | |
| Memory (more or less forgetful) | | | | |
| Ability to pull an all-nighter | | | | |
| Physical fitness (easy/difficult to maintain) | | | | |

Are you able to identify any pattern? What is “forgivable” vs what is not? Hint – everything listed above changes as we age and go through different experiences in life. This is just a sampling of the many things that change with time. The question is – What is modifiable? What can you prevent vs what you need to accept?