Section 1 Worksheet: Internal Age

Creative Aging Foundations features a series of worksheets designed to help programmers, departments, and organizations get ready to launch or think about sustaining creative aging programming. Please answer the following reflective questions independently or in partnership discussion with colleagues.

1. What is your internal age?

   a. What informs how you feel on the inside?

   b. Is there an age you enjoyed being?

   c. Was there an age you disliked?

2. How does your "internal age" differ from your "actual age?" Why do you think that is?

3. Do you carry any ideas about generations other than your own? What are they?

4. Attributes of a generation might be accurate for some, but not for others. How might this understanding inform your work with older adults in the future?