

Baby Boomer Lecture Series  
**“What’s In and What’s Not?”**

**A. Who should be involved in creating your Second Adulthood?**

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**B. What do you want to do with or in your Second Adulthood?**

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**C. What activities or situations in your past you do not want to repeat?**

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**D. What current activities, situations, or relations have are worth spending more time developing in the future?**

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**E. What are the most important events, both good and bad, that have occurred in your life? .**

1. \_\_\_\_\_

**F. What are your strengths, skills, competencies, passions, and experiences you might want to develop further?**

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**G. What are some of the things you would like to become very knowledgeable about?**

1. \_\_\_\_\_

**H. What do you consider the most valued extracurricular or community activities in your life?**

1. \_\_\_\_\_

**I. List some people you believe are living or have lived a Second Adulthood?**  
They can be real or fictional, living or not.

1. \_\_\_\_\_

**J. If you had unlimited resources, what would you do in the future? (All the time, money, etc.)**

1. \_\_\_\_\_

**K. What are your favorite things in life?** These can include activities, places, physical objects, virtues, etc.

1. \_\_\_\_\_

**L. Which specific activities would you like to incorporate in your Second Adulthood?**

1. \_\_\_\_\_ 4. \_\_\_\_\_

**M. Which activities would you definitely leave behind?**

1. \_\_\_\_\_ 4. \_\_\_\_\_