

A black and white photograph of a person from the chest up, holding a large, rectangular cardboard box in front of their face. The person is wearing a light-colored, button-down shirt with a fine grid pattern. The box is the central focus, with the text 'BANISH YOUR MIDLIFE CRISIS BLUES' printed on it in a bold, red, sans-serif font. The background is a plain, light-colored wall.

**BANISH  
YOUR  
MIDLIFE  
CRISIS  
BLUES**

***Worksheet***

# BANISH YOUR **MIDLIFE CRISIS** BLUES

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## WORKSHEET

A midlife crisis is often viewed with dread, but this is a mistake. A midlife crisis is the beginning of a new and exciting life if you take advantage of it. **It's the best opportunity you'll have to create a meaningful and exciting life.** Happiness awaits those that leverage the opportunities that this exciting time in life has to offer.

**Answer these questions to gain a better perspective of how to use your midlife crisis to create new levels of meaning, fun, and happiness in your life:**

1. What are the opportunities I have available now that I lacked five years ago?

2. What is my purpose? What do I think is important in life? What challenge does the world have that I want to address?

3. What am I passionate about? What makes me lose track of time? How can I incorporate that activity into my life?

4. How would I assess my spirituality? Am I spiritual person? How would my life be different if I were more spiritual?

5. What are five interesting ways that I can boost my income? How could I use the extra money to enjoy my life more?

6. Do I have any interest in owning my own business? What type of business would I own?

7. How can I use my midlife crisis to take my life to the next level?

8. What obstacles have I had in the past that are no longer part of my life?