

Fabulously Fifty

# 50+ LIFE CHECKLIST

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# 50+ LIFE CHECKLIST

## YOU

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- KNOW THYSELF
- LIVE THE LIFE I DESIRE
- MEDITATE DAILY
- USE A JOURNAL
- HAVE SENSIBLY SELFISH TIME

## HEALTH

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- IS MY HEIGHT TO WAIST RATIO CORRECT?
- EXERCISE, EAT AND SLEEP WELL
- HYDRATE AND BREATHE DEEPLY
- AVOID ALL DRUGS AND ALCOHOL
- ANNUAL MEDICAL CHECK UPS

# 50+ LIFE CHECKLIST

## FINANCE

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- KNOW MY NUMBERS
- RETIREMENT PLAN IN PLACE
- SHORTFALLS SORTED
- CHARITY SUPPORTED
- PAPERWORK IN ORDER  
(WILLS/INSURANCES)

## RELATIONSHIPS

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- MY TOP 20
- 20 IN CASE OF EMERGENCY
- 20 CIRCLE OF INFLUENCE - CLOSE
- 20 CIRCLE OF INFLUENCE - DISTANT
- 20 WISH LIST

# 50+ LIFE CHECKLIST

## KNOWLEDGE

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- MY LIFE KNOWLEDGE AUDIT
- WHAT I NEED TO KNOW TODAY?
- WHAT I NEED TO KNOW TOMORROW?
- WHAT I NEED TO KNOW LATER?
- SHARE IT WITH OTHERS

To find out more about  
'The 50+ Life checklist '  
go to...  
<http://bit.ly/50CheckList>