

1. What is the most important thing that makes you want to get out of bed in the morning?
2. What would you do differently if you had to live your life over again?
3. What will be your greatest legacy?
4. What was your greatest success?
5. What was stimulating or interesting about your career?
6. What is your most satisfying activity?
7. How would you rate your fitness for your work / career?
8. What was the most responsible job you have held?
9. What holds/held your marriage together?
10. How do you and your spouse depend on each other?
11. How do you and your spouse collaborate?
12. How do you and your spouse fight?
13. What is most special about your spouse?
14. What originally drew you and your spouse together?
15. What have you learned from your children?
16. What would you most like to give your children?
17. Give a sketch of the person you most admire.
18. Describe your oldest friend. Your closest friend.
19. List 5 people now close to you that were not close 10 years ago.

20. What qualities do you look for in a wise person?
21. What are the characteristics of someone who has aged well?
22. What is your most current important activity?
23. What is the most annoying aspect of growing old?
24. What is your definition/prescription for successful aging?
25. Whom would you feel the freest to inconvenience; to help you?
26. Who do you turn to in unhappiness?
27. When was the happiest period of your life? The unhappiest?
28. What heavy blows have hit you the hardest?
29. When were you best friends with your parents?
30. Was your intelligence a blessing or a burden?
31. Do you believe that society has given you a fair chance to achieve your potential?
32. When was your family life the happiest?
33. What's the most important thing you do during your retirement?
34. What did you do the first 6 weeks of retirement?
35. What activities have been important since retirement?
36. What's the best part of retirement? The worst part?
37. How have you changed in equanimity since age 40?
38. What is your dominant mood for the past 6 months?
39. What book has touched you?
40. Describe any shifts in your religious beliefs over time.