

GOALS

RISKS

TACTICS

Marginal Decade Exercise

Marginal Decade™

DATE

Independently care for myself	
Stay socially active	
Engage in meaningful work	
Be active with friends & family	
Keep up with technology & world progress	
Celebrate major milestones	
Be active in community events & volunteering	
Be active & engage in outside activities	
Continue my hobbies	
Do daily activities in my home	
Play with grandchildren & great grandchildren	
Travel by plane, car, boat, or train	

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DATE

WHAT EXCITES YOU ABOUT YOUR LIST WHEN THINKING ABOUT THE FUTURE? LIST YOUR MOTIVATIONS.

ARE YOU ON TRACK TO ACHIEVE YOUR MARGINAL DECADE GOALS? WHAT COULD GET IN THE WAY?



Not medical advice

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