

#Pushing50 Video Prompts

If you don't feel like you want to respond to a prompt, by all means, skip it - but just don't skip the first one! I have included some sample phrasing for you in **blue**.

Prompt

1 - Introduce yourself (first name), state your age, and your relationships status. **My name is Frank, I am 49 and I am (single, married, partnered, actively dating) and I am a parent.**

Prompt 2 - What does age "50" mean for you? **"50 means, or 50 is ..."**

Prompt 3 - Take a moment to reflect on when you were "25." How have you changed as a person over that time?

Prompt 4 - What things do you like/dislike the most about your aging mind and **why**?

Prompt 5 - What things do you like/dislike the most about your aging body and **why**?

Prompt 6 - Have people ever stated that you look younger than your actual age? If so, how does that make you feel?

Prompt 7 - Have you ever been in a situational context when you felt **old and out of place**? Share that experience.

Prompt 8 - What are your greatest fears related to aging from this point on (health, longevity, sickness and death)?