

Looking back to live well now

Life review is the natural work of revisiting your story and making sense of it.

It is one of the recognised developmental tasks of later life, alongside generativity and the work of integrity. **It moves toward meaning, not toward a verdict.** The prompts on page 2 are an invitation to do this work in your own time, in your own words, with no audience.

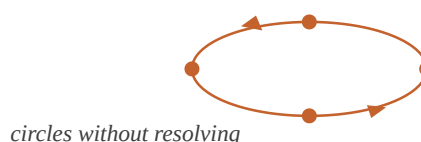
i This is a **private reflection tool, not a therapy task**. No one needs to read what you write. If a memory brings up something heavy that does not settle, that is worth bringing to a GP or to someone like us. You are also welcome to leave this aside.

THE CENTRAL REFRAME

REVIEW



RUMINATION



WHAT LIFE REVIEW LOOKS LIKE

A revisiting that moves toward meaning

- You notice a memory, then turn it slightly
- A sense of "ah, that is what that was" arrives
- Things you had carried become things you have lived
- It tends to settle, even where it is not finished

WHAT RUMINATION LOOKS LIKE

A circling that does not resolve

- The same scene replays without changing shape
- "Why did I" repeats without a usable answer
- It feels heavier the longer you stay in it
- It interferes with sleep, mood, or daily life

FIVE AREAS PAGE 2 INVITES YOU INTO

You will not write about all of them. Most people find one or two prompts open up easily, and the others stay quiet. **That is information too.** The areas that go quiet are not the priority right now.

1 A FORMATIVE MEMORY

A moment you still carry

Often small and vivid. The kind that turns out to have mattered for reasons only seen later.

2 A PERSON WHO SHAPED ME

Someone who changed who you became

A parent, teacher, friend, partner, colleague. What they offered, and what stayed.

3 A CHOICE I AM GLAD OF

A decision you look back on well

Not always the obvious ones. The ones that turned out to matter for reasons you only saw later.

4 SOMETHING I HAVE CARRIED

A loss or regret, and how you have carried it

Carrying something is not the same as having solved it. Naming it is the work.

5 WHAT I WOULD WANT KNOWN

Something about your life that you would want remembered

Not for any particular audience. For your own clarity, in your own words. This prompt is often the one that surprises people.

TWO THINGS PEOPLE OFTEN WANT TO KNOW

? What if a prompt brings up something that upsets me?

Stop, set the page aside, and come back another time, or not at all. **Distress that does not settle is worth bringing to a GP or to someone like us.** Life review is meant to integrate, not to overwhelm.

? Do I have to share these with anyone?

No. The page is yours. Some people find it useful to share parts later, with a partner, an adult child, or a clinician. Others keep it entirely private. Either is fine.

REMEMBER You are allowed to pause, set this aside, and come back. **Life review is meant to integrate, not to overwhelm.** The aim is not a finished story. It is a clearer sense of your own.

When something opens up easily, follow it. When something stays closed, leave it.

Life review prompts

Life review is the natural work of revisiting your own story and making sense of it. It is different from rumination because it moves toward meaning rather than circling without resolving. **Use these prompts at your own pace.** There is no right answer and nothing has to be finished in one sitting.

Fill any of the boxes that feel useful. **Leave the rest blank.** No prompt is required, the order does not matter, and a few honest sentences are plenty. Some people find one prompt at a time, on different days, works best.

1

A FORMATIVE MEMORY

An early memory or moment from childhood that I still carry with me

It does not have to be important to anyone else. Sometimes the small, vivid moments turn out to have mattered most.

2

A PERSON WHO SHAPED ME

Someone whose presence in my life changed who I became, and what they gave me

A parent, a teacher, a friend, a neighbour, a colleague, a partner. What they offered, and what stayed with you.

3

A CHOICE I AM GLAD I MADE

A decision I look back on with quiet satisfaction, even if it was not easy at the time

Not the obvious ones necessarily. The ones that turned out to matter for reasons you only saw later.

4

SOMETHING I HAVE CARRIED

A loss, a regret, or a difficulty that shaped me, and how I have carried it

Carrying something does not mean having solved it. Naming what you have walked alongside is part of the work.

5

WHAT I WOULD WANT KNOWN

Something about my life, my values, or who I have been that I would want remembered

Not for any particular audience. For your own clarity, in your own words.

A NOTE BEFORE YOU PUT THIS DOWN

If a prompt brings up something heavy that does not settle, that is worth bringing to a GP or to someone like us. Life review is meant to integrate, not overwhelm. **You are allowed to pause, set this aside, and come back.**