Self-Reflection Activity Journal

Steps:

1. Reflect on the following questions and note your answers in the space provided
2. Keep your notes, don’t throw them away!

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| **What words come to your mind when you think of aging?** |
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| **What are some expectations related to the role of older adults in your…?** | Family | Culture (you may consider your culture of origin and/or any adopted cultures) |
|  |  |
| **What are some expectations related to caregiving for older adults in your…?** | Family | Culture (you may consider your culture of origin and/or any adopted cultures) |
|  |  |  |
| **What messages related to aging do you get from the news, popular, and social media?** |
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