



Personal & Professional Life

- What changes do I need to make to ensure I have time for both?
- How can I maintain my physical and mental health over such an extended period?

Financial Planning

- How should I approach saving and investing differently for a longer life?
- What kind of financial education or advice might I need to seek?
- What steps do I need to take to ensure my financial security throughout a 100-year life?

Career Development

- What strategies can I use to stay relevant and employable?
- How can I continuously develop my skills and adapt to changing job markets over a long career?

Social & Community Engagement

- What role does community involvement play in a fulfilling and extended life?
- How can I build a diverse and supportive social network?

Life Stages and Milestones

- What new milestones might become important?
- How can I prepare for and embrace changes in how I view aging and life progression?