

MIDLIFE MILESTONES

A Patient Tool



WHOLE-PERSON HEALTH – DECIDING WHAT’S IMPORTANT TO YOU

You probably remember some milestones you reached as a young adult – getting your first job or car, going to school, leaving home, getting married, having children.

Human development experts tell us that midlife has its milestones, too. Just like when you were younger, knowing what you’re likely to go through around now can help you make choices, boost your health and set the stage for healthy older years.¹

FROM THE LISTS BELOW, CHECK THE BOX FOR ANYTHING YOU MIGHT LIKE TO FOCUS ON.

Physical and social milestones

- Maintaining healthy life patterns and habits
- Creating a comfortable home (see our articles on [healing environments](#))
- Caring for aging [parents](#)
- Being a contributing member of society and your community
- Adjusting to physical changes, such as [menopause](#) and vision changes
- Helping teen and adult children navigate life

Emotional and spiritual milestones

- Expressing love
- Finding a sense of unity with your mate
- Letting go of your central role in your children’s lives as they become adults
- Using your leisure time in satisfying and creative ways
- Taking pride in what you have accomplished in life

Now, on the next pages, make note of two or three of the items you checked. Picking the most important or urgent ones can keep you from feeling like there’s too much to do.



WHAT IS IMPORTANT TO ME NOW?

Milestone:

Why?

Things I could do to reach this milestone:

Milestone:

Why?

Things I could do to reach this milestone:

Milestone:

Why?

Things I could do to reach this milestone:

Also try our free tool [Creating Positive Change](#) to help you explore what you want.

The milestones are drawn from psychologist Erik Erikson's eight-stage model of adult development.² Researchers have elaborated on Erikson's work, so you may want to talk with a therapist or do your own research if you'd like to know more.

REFERENCES

1. Malone JC, Liu SR, Vaillant GE, Rentz DM, Waldinger RJ. Midlife Eriksonian psychosocial development: Setting the stage for late-life cognitive and emotional health. *Dev Psychol.* 2016;52(3):496-508. doi:10.1037/a0039875
2. Orenstein GA, Lewis L. Erikson's stages of psychosocial development. In: *StatPearls*. Treasure Island (FL): StatPearls Publishing; November 14, 2021.