

Robert Raines (1997). *A Time to Live: Seven Steps of Creative Aging*. New York: Penguin Books.

Some of the tasks during this time of "elder passage" include:

1. Waking up: engaging in the meaning and direction of your life.
What is most important to me about my physical or mental well-being? What makes each day meaningful to me? What beliefs or values are important to me?
2. Embracing sorrow: acknowledging your own losses and griefs and the pain of others.
Are we still holding onto our identity of the past and who we used to be? How our bodies looked and what they were physically capable of doing? How our minds worked? How strong our memories? The respect we gained through our work? What about our relationships? With our partners, our children, our siblings, our parents (if they are still alive)?
3. Re-imagining work: reviewing and revising the ways in which you want to contribute to society. How do you want to live out your purpose in the years ahead?
What is my unique gift? What's my relationship to the world in light of how and who I am today? How might I contribute? Maybe it is less about doing than it used to be.
4. Nurturing intimacy:
It may also be, as Fonda and others have said, to complete what has been left incomplete; to heal and strengthen relationships with others and with yourself. To find the quiet place within each of us that can help to lead us into the 4th age.

Bankson, Marjory Zoet (2010). *Creative Aging: Rethinking Retirement and Non-retirement in a Changing World*. Woodstock Vermont: Skylight Paths Publishing.

Bankson lists 7 tasks of this time of life.

1. Release your identify of the past.
2. Acknowledge resistance and learn from it.
3. Reclaim old interests and passions.
4. Welcome wonder and revelation.
5. Sense the right time to act.
6. Risk creative newness.
7. Build relationships to give call form and substance.