Longevity in action Session  
USE it or lose it

# Human Capital Survey

|  |  |  |
| --- | --- | --- |
| 1 | Hobbies (past/present) include: |  |
|  |
| 2 | I would love to learn: |  |
|  |
| 3 | My skills and expertise include: |  |
|  |
| 4 | My friends would say my most unique talent is: |  |
|  |
| 5 | A skill, talent, or knowledge I would like to share: |  |
|  |
| 6 | Something I would like to share or teach the younger generation: |  |
|  |
| 7 | I am most proud of: |  |
|  |
| 8 | Language(s) I know: |  |
|  |
| 9 | Topics I find interesting are: |  |
|  |
| 10 | Causes/charities that are important to me: |  |
|  |
| 11 | If I could go anywhere in the world, it would be: |  |
|  |
| 12 | The things that put a smile on my face are: |  |
|  |
| 13 | My creativity is sparked by: |  |
|  |
| 14 | I am passionate about: |  |
|  |

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Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What do I want to share with the others?”

“What do I want to learn?”

**Consider how you would complete these statements:**

“I am joyful when I share \_\_\_\_\_\_\_\_\_\_\_\_\_.”

“I have always wanted to\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“Once you stop learning, you start dying.”*

– Albert Einstein

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