

Rare Women

February – June, 2021

Decades you have experienced or are experiencing:

- What are you most grateful for from this decade?
- What's the most important thing that you learned about yourself during this decade?
- What was your biggest challenge during this decade?
- Would you have made different choices then if you had known then what you know now?
- Who were the important people who helped shape and guide you during this decade?

Decades you have yet to experience:

- How do you see yourself when you reach this decade?
- What have you learned from others who are in or have experienced this decade?
- Do you have goals for this decade?

Summary questions:

- Which decade was the best for you?
- Which decade was most influential in shaping you?
- Which decade was most memorable for you?

0-9 years old

- Did you feel safe and supported during this time? Or Who was the person that made you feel most safe and supported?
- What did you do for fun? and has that continued in your life

10-19 years old

- Did you have an experience that, looking back, you consider a "rite of passage."
- What was your role in your family?

20-29 years old

- What do you wish that you could tell your 20-something-year-old self?
- Was the life you had during this decade the life you expected to have? In what ways was it the same or different?
- Did you have dreams for your 20-something-year-old self that were met or that were unattainable?

30-39 years old

- Did you feel mature during this decade? Were you?
- If you were career focused during this decade who were your mentors and role models?
- How often were you reflective during this decade (if at all)? About what topics?

40-49 years old

- Did you have children? How did that decision shape this part of your life?
- How did the way(s) in which your family earned a living shape your life?

50-59 years old

- Did your marriage (or primary relationship) change during this decade? If so, how
- Did your parents or in-laws require assistance (financial or physical) during this time? If so, did your siblings/in-law siblings contribute? If not, was that planned or by default? Did the arrangement lead to conflict or resentment?

60-69 years old

- Are there/ were there any major life changes during this decade?
- What are/were your main forms of recreation during this decade?

70-79 years old

- What, if any, health challenges did/do you have in this decade?
- What family members or friends have you lost who were especially important to you?
- Are you the person you expected to be at this age?

80-?? years old

- What are you interested in changing going forward?
- How satisfied or dissatisfied are/were you with this decade?
- Did this decade evolve as you expected?