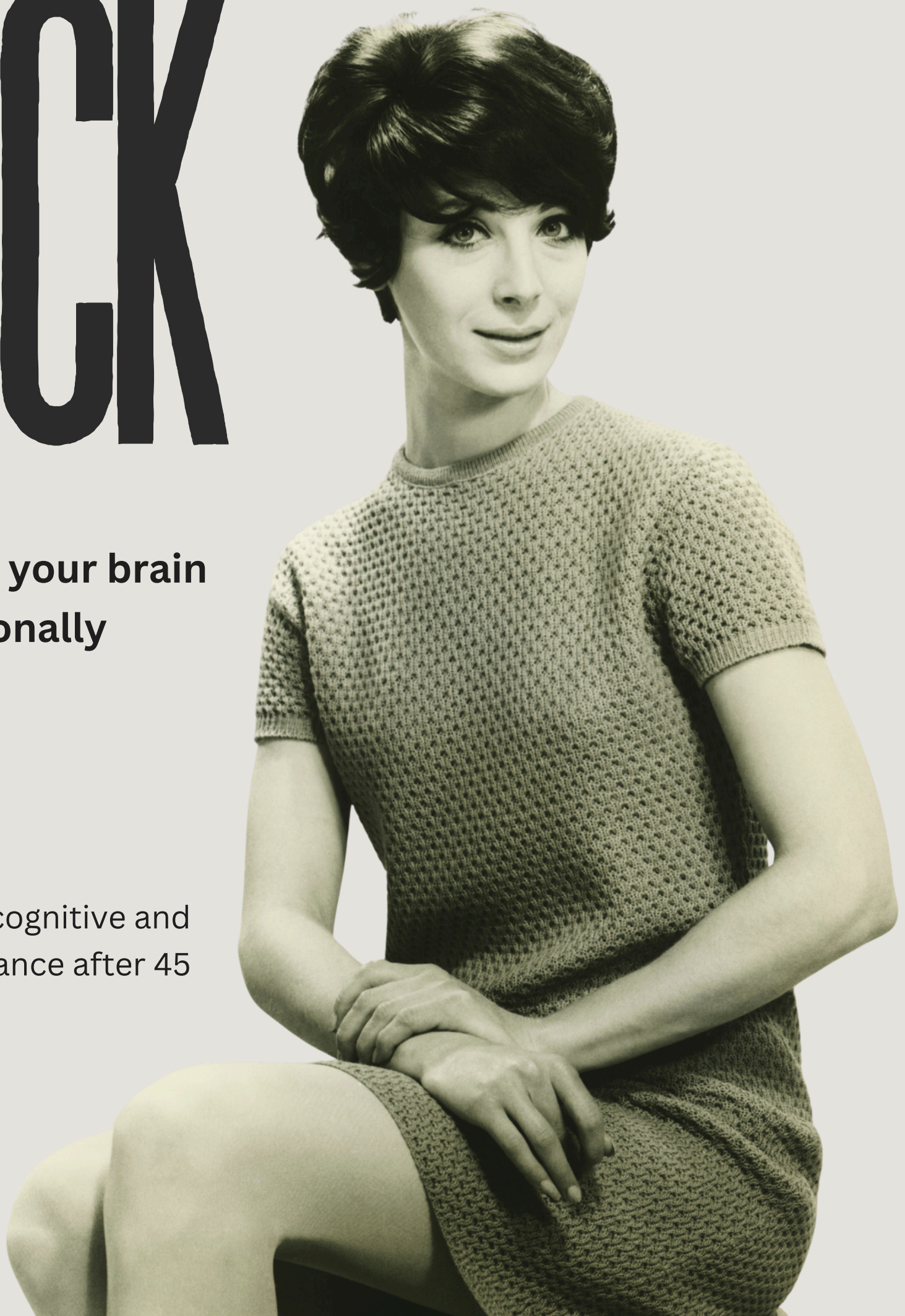


THE MIDLIFE RELEVANCE CHECK

**Are you training your brain
to stay professionally
relevant?**

A short reflection on cognitive and
professional relevance after 45



The Midlife Relevance Check

A short reflection to stay cognitively and professionally relevant after 45

Professional relevance is rarely lost overnight. It fades slowly.

Sometimes through routine, sometimes through overload and sometimes because we stop challenging how we think.

After midlife, staying relevant is less about working harder and more about keeping the brain adaptable.

This short reflection is designed to help you notice where you might want to strengthen your cognitive edge.

There are no right or wrong answers. Just notice what your responses reveal.



The Midlife Relevance Check

1. Curiosity

When was the last time you intentionally learned something new outside your usual field?

2. Cognitive Flexibility

Do you regularly challenge your own assumptions?

3. Mental Energy

Do you manage your cognitive load or simply push through exhaustion?

4. Learning Rhythm

Are you still building new mental models?

5. Adaptability

How often do you deliberately expose your brain to unfamiliar ideas?



The Midlife Relevance Check

Professional relevance after 45 is not a matter of luck.

It is the result of how intentionally we continue to train our thinking.

Curiosity, learning, cognitive flexibility and mental energy all shape how adaptable the brain remains over time.

If some of these questions made you pause, that's a good sign.

Awareness is the first step in protecting your cognitive edge.

The goal is not to optimise everything. It is simply to remain mentally curious, adaptable and alive.

Small shifts repeated over time protect both cognitive performance and professional relevance.



The Midlife Relevance Check

Continue the conversation

If this reflection raised interesting questions for you, the exploration doesn't stop here.

Creativology is a space dedicated to understanding how the brain evolves after midlife and how we can intentionally train it to remain flexible, curious and professionally relevant.

Over time I'll be sharing:

- new reflections on cognitive performance after 45
- practical tools for training the brain through creativity
- future programs and learning experiences focused on midlife cognitive development

You can follow the journey at: creativology.org

Or join the **Creativology Brain Letter**, where I share ideas, tools and experiments exploring how the brain adapts in the second half of life.



creativology.org