

7 HABITS

FOR THRIVING AFTER 50

**FEEL BETTER
LIVE SIMPLER
AND
CONNECT
MORE
TOGETHER**



THIS IS LIFE AFTER 50 . COM

7 Simple Habits for Thriving Together After 50

Welcome! This quick-start guide is for married couples over 50 who want to feel healthier, think clearer, and live more intentionally - together. These 7 habits have helped us shift our energy, mindset, and connection as we move into the next chapter of life. Start small, stay consistent, and thrive together.

1. Start Each Day with a 5-Minute Walk Together

Why it Matters: Movement boosts energy, mood and metabolism - and walking together creates space to talk and connect.

How to Start: Just step outside in the morning and start walking! Rainy day? Walk indoors or around the block after it stops raining.

Couples Reflection Prompt: What's one thing you're looking forward to today? Or what's one thing you enjoyed about today (if you are taking a walk later in the day.)

2. Plan One Screen-Free Hour Daily

Why it Matters: Undistracted time helps you reconnect, talk, and focus on what matters.

How to Start: Pick a time - dinner, evening wind-down, or morning coffee - and silence the tech.

Couple's Reflection Prompt: What did you notice during this screen-free time?

3. Journal One Thought or Gratitude per Day

Why it Matters: Journaling creates perspective, reduces stress, and builds emotional intimacy when shared.

How to Start: Use a shared notebook or two small ones. One sentence is enough.

Couples Reflection Prompt: What's one thing you appreciated today?

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4. Cook (or prep) One Meal Together Each Week

Why it Matters: Shared rituals strengthen teamwork and it will encourage healthy habits.

How to Start: choose a new recipe, or make a favorite together. Keep it fun, not perfect!

Couple's Reflection Prompt: What made this activity enjoyable (or funny)?

5. Declutter One Small Space Each Week

Why it Matters: Less clutter = less stress! Tackling it together builds momentum and clarity.

How to Start: One drawer. One shelf. One decision at a time.

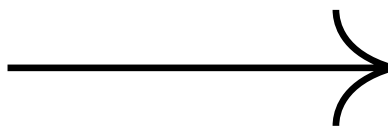
Couple's Reflection Prompt: What did you feel while letting go of something this week?

6. Make A Couple Goal for the Week

Why it matters: Working towards a common goal will bring you closer and help to hold you accountable.

How to Start: Think of something you've both wanted to accomplish and decide on the steps to get there together. If you need to break your goal up into several weeks, that is fine!

Couple's Reflection Prompt: How will you feel when this goal is accomplished?



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7. End the Week with a Mini Check-In

Why it Matters: Intentional reflection keeps you aligned, appreciated, and forward-focused.

How to Start: Every Sunday, ask: What worked this week? What didn't? What's one thing to try next?

Couple's Reflection Prompt: What did we do well together this week?