

Developmental Tasks of Adults

Origin unknown, this version by Gina Rae Foster, 2020

- ❖ *To master skills for work and recreation*
- ❖ *To find mentors and to mentor*
- ❖ *To grow in love and humor*
- ❖ *To offer and accept intimacy*
- ❖ *To expand creativity and honor uniqueness*
- ❖ *To accept responsibility for self and to nurture the next generation and the last*
- ❖ *To find support for one's own growth and to support the growth of others*
- ❖ *To expand commitments beyond self and family to the community and the world*
- ❖ *To balance dependence, independence, and interdependence*
- ❖ *To deepen integrity and spirituality*
- ❖ *To refine the arts of greeting, leaving, and grieving*
- ❖ *To accommodate aging and accept dying*

Resiliency

