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### 27 Questions Every Grown Ass Woman Needs To Be Asking Herself

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When we are younger, we're just trying to make it through our adolescence and early adulthood, which requires some trial and error. However, life tends to become a bit more steady when we grow older, which means we have more time to ask ourselves some important life questions. As we become more responsible and mature, it can be useful to take a step back and look at what areas of our life need work and which are going more smoothly, whether it's about our health, our relationships, our career, or our overall wellbeing.

"Part of being a grown woman entails not only taking control of your life in general, but also taking full ownership of your health," says Nesochi Okeke-Igbokwe, M.D., M.S. over email. "Every grown woman needs to make their health top priority and fully comprehend the dire impact of neglecting their physical, emotional, mental, and spiritual wellbeing. There comes a point in your adult life when you need to ask yourself some very crucial questions and honestly reflect upon how certain decisions may ultimately change the trajectory of your life, for better or worse."

There's no real definition for when you've become a "grown-ass" women, but if you want to start working on living your best life, pay attention to these 31 questions every grown ass women should be asking herself.

#### **Do You Know Your Family History?**



An important element of living a healthy life is understanding what medical conditions your family members have or had. "From siblings and parents to aunts, uncles and grandparents, it is important for you to learn what health issues your family has because these could impact your health as well," says Dr. Jennifer Caudle over email. It's important to pay attention to particular issues that could be genetic, such as cancer, diabetes, heart disease, high cholesterol, and more.

### **When Is The Last Time You Got A Checkup?**



"It is important to see your doctor for a check-up at least once a year," says Caudle. "Many people only go to the doctor when they are sick, but it's also important to go to the doctor when you are well for check-ups. These visits allow you and your doctor to address your preventive care, from getting blood work to immunizations and beyond."

### **Do You Have Bad Habits That Could Shorten Your Life?**



They may have seemed less of a big deal when you were younger, but you may have some bad habits that could end up catching up to you sooner than you thought. "Key examples include smoking, excess alcohol consumption, not wearing a seatbelt, engaging in unsafe sexual practices, binge eating, or engaging in self-harm," says Scott.

### What Are You Doing To Protect Your Skin?



Protecting your skin from sun exposure does more than just fight off wrinkles — it's important to help prevent skin cancer. "The most important skin related health issue that every women in their 20's and 30's should be very mindful of is sun protection, including women with darker skin types who often feel that they don't need sunscreen," says dermatologist William Kwan, MD over email. "The reality is that anyone can get skin cancer, regardless of skin type." A good place to start: Sunscreen.

### Are You Physically Active?



Are you getting enough exercise? "Medical professionals will tell you that exercise is the key to longevity," says **Dr. Bill Dorfman** over email. Regular exercise is important even if you're not trying to lose weight. Being physically active can help fight off heart disease, diabetes, depression, sleep problems, and more, according to Mayo Clinic.

## What Brings You Joy?



Every so often, it's good to think about what brings you happiness — because after all, what is life for? "When we take time to think about what brings us joy, we can make a conscious effort to add those things to our lives," says Vito. "For example, do you love to paint but haven't done it in years? Carve out time to do those things that make time seem to standstill."

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