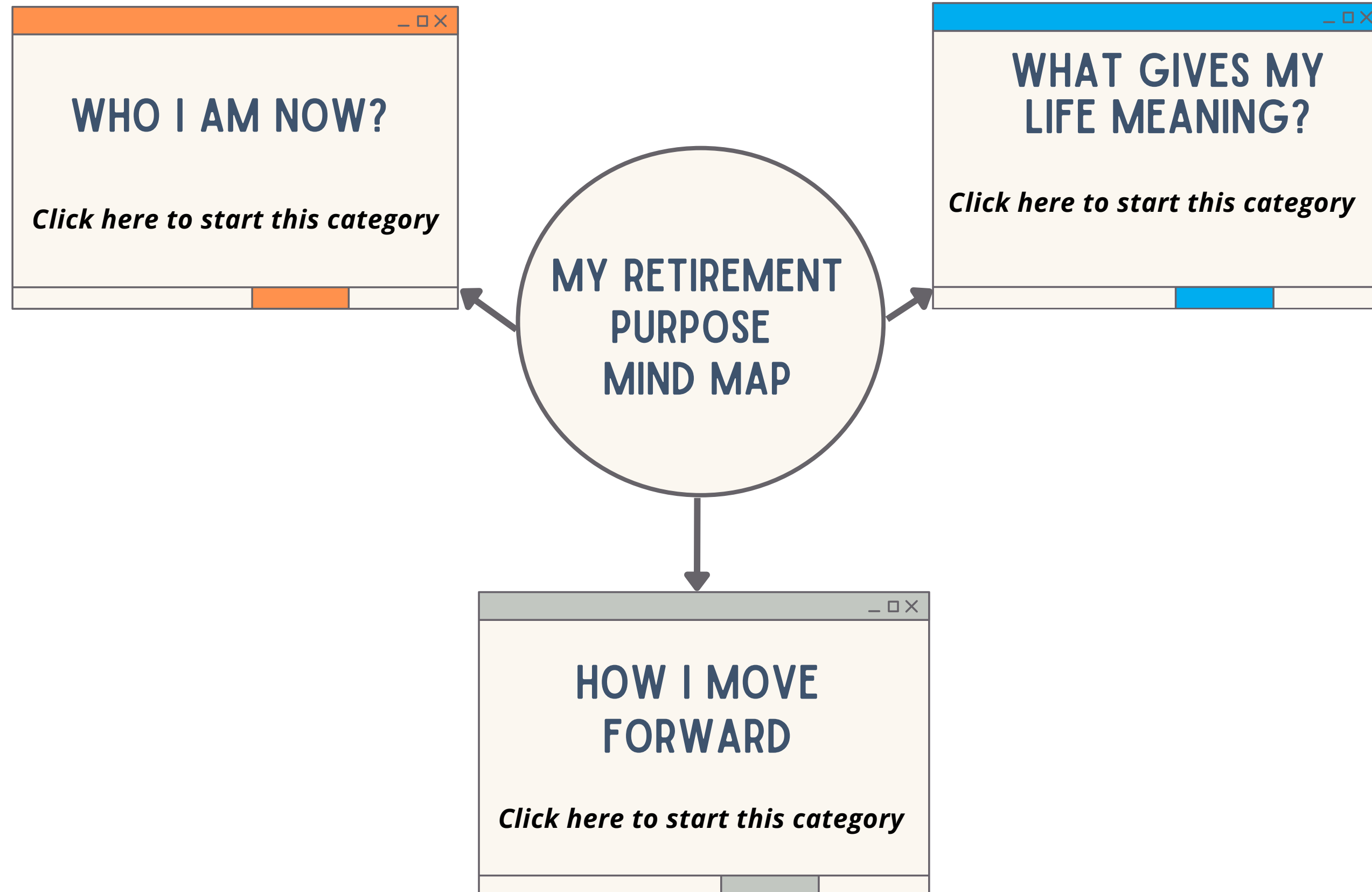


A visual guide to purpose, direction, and fulfillment in retirement



What Matters Most

Write down what values guide my decisions right now?

What truly feels important in this season of my life?

My Strengths & Gifts

What I'm good at.

What others appreciate about me.

WHO I AM NOW?

Who am I in this stage of life?

Roles That Feel Meaningful

What are some roles I feel comfortable stepping into:

Roles I want to grow into next:

WHAT GIVES MY LIFE MEANING?

What makes my days feel worthwhile?

What Interests Me

Write a list of things that currently interest me.

Things I want to explore or revisit.

How I Connect & Contribute

People, groups, or communities that matter to me now.

List some of the ways I enjoy helping or being involved.

HOW I MOVE FORWARD

How do I turn insight into a purposeful life?

Small Purposeful Actions

What are some simple actions I can take now?

Things I can experiment with without committing to.

My Current Purpose Focus

What are some things I want to focus on in this stage?

How do I want to feel and contribute right now?