

Retirement Identity & Purpose



VISUALIZATION & BACKCASTING

The key to living a life by design is to be able to put yourself into the future and visualize, with some clarity, what you want your life to look like. By doing so, it gives us the ability to backcast what we need to be doing today in order to make that desire a reality.

What are the 10 physical activities that I'd like to be able to do at age 100?

What do I want to be able to do mentally when I am 100?

VISUALIZATION & BACKCASTING

What does my life look like in 10 years?

How old will I be?

What will the date be?

What does my life look like in 20 years?

How old will I be?

What will the date be?

IDENTITY

What are the core characteristics that make up my identity today?

What part of my identity do I want to release?

What part of my identity do I want to hold on to?

Who do I want to become that I haven't yet had the opportunity to be?

PURPOSE

What is most important to me in retirement?

What will I miss from my current work situation, and how will I replace it?

What do I love from my life pre-retirement that I want to continue?

What skills can I repurpose from my career?

PURPOSE

How do I create social engagement outside of work?

What are my serious pursuits outside of work?

What am I good at?

What am I passionate about?

PURPOSE

What do I want to do that I've never had time to do?

What am I interested in, but I've never tried?

What is something that I once loved but gave up pursuing?

What can I engage in that will allow me to start small and improve over time?

PURPOSE

What kinds of activities will allow me to release myself (let go)?

What kinds of activities will allow me to enjoy the little things?

What kinds of activities allow me to focus on the here and now?

What contribution can make that will have an impact on myself or others?

PURPOSE

What do I want to do daily?

What do I want weekly?

What do I want to do monthly?

What do I want to do quarterly or annually?

RETIREMENT VISION BOARD

PHYSICAL

EMOTIONAL

MENTAL

PURPOSE

SOCIAL

JOY

FINANCIAL

ENVIRONMENT

10 MOST IMPORTANT DAILY HABITS

HABITS

1

2

3

4

5

6

7

8

9

10
