

HANDOUT 4: PLANNING ACT III

Goal = Continue (C) Expand (E) Test-Drive (T)

ACTIVITIES

1. Pleasant (focused on interests)
2. Engaging (focused on strengths)
3. Meaningful (focused on values)

Need activities that are intellectually stimulating, physical activity, social connection, passion, plan that suits your retirement

RELATIONSHIPS

RELATIONSHIP WITH MATE/LIFE PARTNER

FAMILY

FULFILLMENT – check in: where do you get it? Where will it come from:

SELF-DEVELOPMENT/SPRITUALITY

HOME/PLACE/COMMUNITY

OTHER

MY STRENGTHS ARE:

MY VALUES ARE:

RECESS

Adapted from My Next Phase