



Rebootment Exercise #1

DREAM YOUR NEXT CHAPTER

Introduction:

Time to retire? Reinspire your life and make this next chapter, your best chapter ever.

It's important in this next chapter to follow what has heart and meaning for you. Here is an exercise to help you remember and reconnect to your dreams and personal strengths and talents. It will uncover clues to what will be most fulfilling in this next phase of your life. For example, when I did this exercise I realized that music was present in each 10 year increment along with talents and a dream that I hadn't yet manifested. This guided me to put music as one of the centerpieces of this next chapter of my life.

Step 1

Grab paper and pencil or a journal and take some time for reflection and review your life in **10 year increments**, making notes during this process.

(Use 1 piece of paper for each 10 years.)



10 Year Increments

For each 10 year increment, note the following:

1. What were your accomplishments?
2. What made you happy?
3. Who were the special people who touched your life and made it better?
4. What challenges did you confront and how did you overcome them?
5. What were the personal character qualities, talents and skills that you drew upon and strengthened?
6. What life dreams did you have and did you accomplish them or not?

A man in a dark jacket and pants stands with his back to the camera on a concrete pier. He is looking out over a calm blue lake towards a range of rugged, forested mountains under a cloudy sky. The scene is peaceful and contemplative.

Step 2

Now step back and review your work -

- What were the threads that weaved through all of it?
- What life dreams are still in your heart that haven't yet been manifested?
- What surprised you?
- What are the character qualities, gifts and talents that will support you in this next chapter?

Step 3

Choose one aspect of this exercise that has most surprised and delighted you about yourself and your life, and follow that to see where it leads. As in my case, I found a singing teacher, picked up my guitar and started song-writing again.

What's your personal version of this?

Your Chosen Aspect: _____

MAP YOUR REBOOTMENT WITH LIFE REINSPIRED

Enjoy the Discovery Process!

Life can be a wonderful adventure of
discovery, contribution and fulfillment!
Take your next step!

CONTACT US FOR MORE INFORMATION AND IF YOU'D LIKE TO CONTINUE YOUR
PROCESS OF DISCOVERY WITH THE TEAM AT LIFE REINSPIRED!

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