

The 5 Essential Pillars



**TO CREATE YOUR NEXT
CHAPTER AS THE BEST!**

Introduction:

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

Whether you're experiencing an unexpected career transition, or you want to take the reins and start a new chapter in your life, you have a wonderful opportunity to create your next chapter as your best yet.

This free download is a sample of the first step for Life Reinspired clients. The Life Reinspired coaching program includes a series of steps to create your vision and action plan and receive the support to make it real in your life.

By clarifying the **5 Essential Pillars**
of a meaningful and fulfilling next chapter,
you'll be on your way!

- **People**
- **Purpose**
- **Pleasure**
- **Prosperity**
- **Place**



How to Begin?

The process of exploring, clarifying and taking action steps in these five pillars of your life take time, intention and attention. Set aside undisturbed time to engage in the workbook exercises.

- Allow yourself to daydream.
- Reflect on the questions and capture your thoughts and ideas.
- Dive in with a perspective of discovery and adventure.
- Have fun with it.

The vision of your next chapter will start to take shape and you'll be inspired to take action to make it real.

Pillar 1: PEOPLE

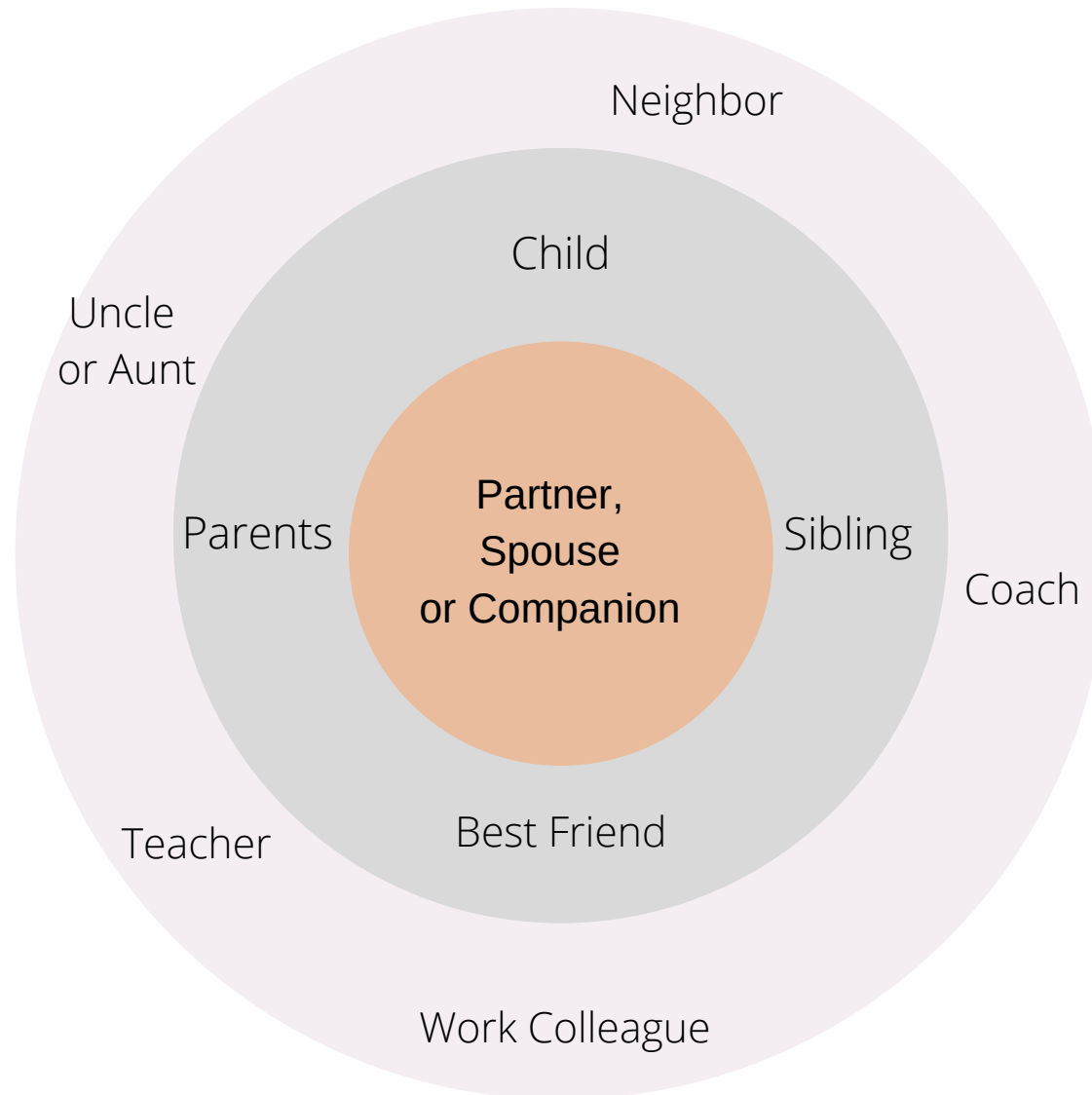


According to Blue Zones research, **a close network of family and friends is essential to a long, happy and productive life.** In fact, social relationships, near and close, is one of the two top factors associated with longevity – even more than diet, exercise and quitting smoking!

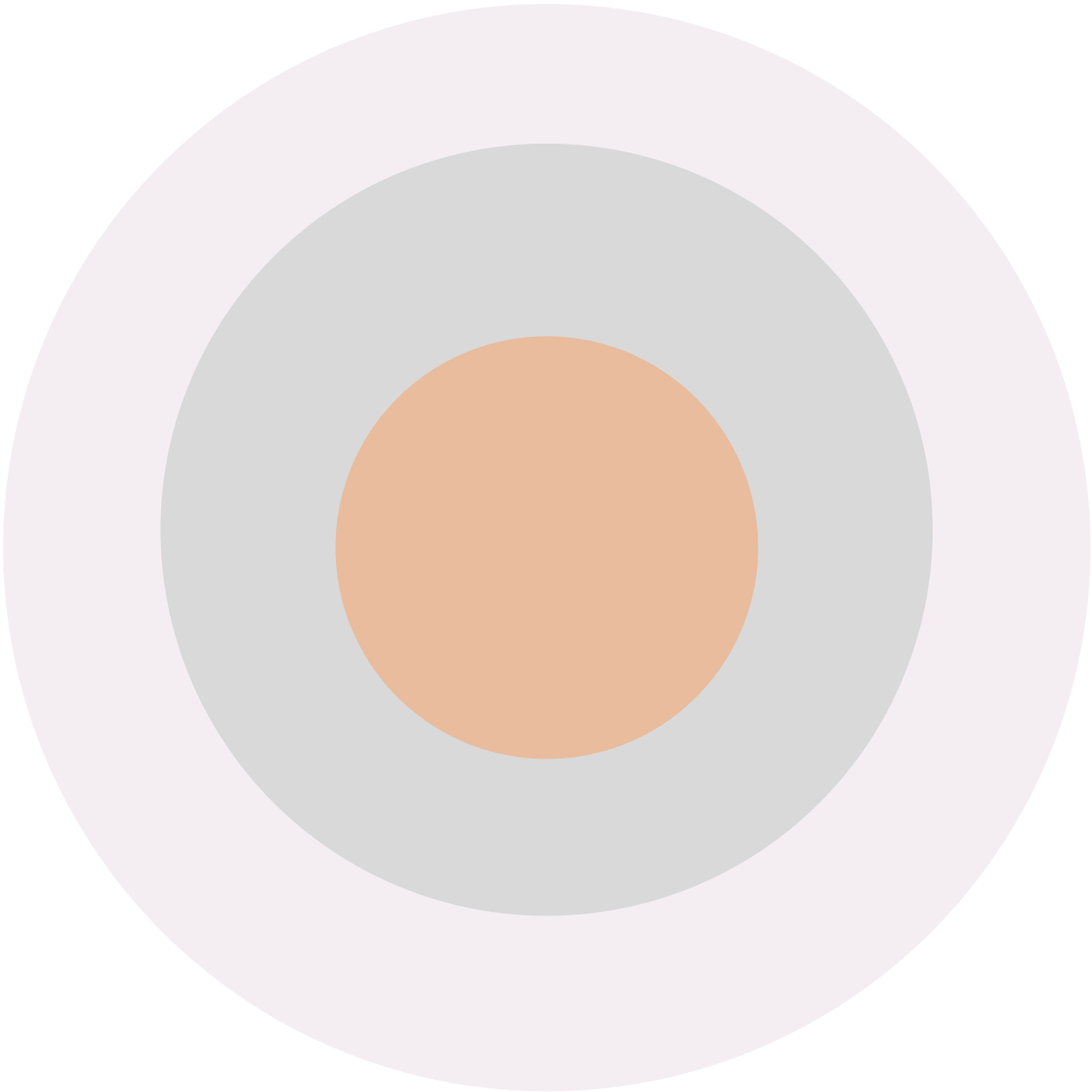
You may be losing relationships from a previous chapter of your life, so thinking through this pillar is important.

Who are the loved ones, friends, colleagues, professionals and helpers you want by your side for the journey forward? Start with your intimate partner in the center with you, and map the rest of the relationships that are less intimate by degrees in the outer circles on the next page.

Example:



Now fill in yours and capture any thoughts and discoveries you made in the process:



Pillar 2: PURPOSE



In the United States, the two most dangerous years of an individual's life are: **the year of their birth and the year of their retirement.**

The first is a reflection of the physical risks associated with childbirth. The second is a direct reflection of how most Americans associate their profession or key roles in the community with their self-worth and identity.

In other words, contribution and expressions of purpose are integral to fulfillment and a healthy next chapter. **We all need something meaningful to do.** Your purpose is what gets you excited about getting up in the morning. It's what drives you toward a satisfying future and it can take many forms.

What are the talents, skills and experience you most enjoyed in your past jobs?

TALENTS

Great Singing Voice
Artistic Ability

SKILLS

Accounting
Construction

EXPERIENCES

Created an Event
Mentored Peers

Now, what are meaningful and enjoyable ways you can utilize those the talents, skills and experience in service of something you care about? Be creative.

Examples: Utilize training and athletic skills to be a ski instructor, research skills and travel experience to work as a volunteer on a science project abroad that helps clean up our oceans, join a church choir to utilize singing voice in service of spiritual inspiration, and so on...

List ways you can utilize your talents, skills and experience:

Tip: recapture dreams you haven't had the time or opportunity to realize in the past.

Pillar 3: PLEASURE



Play and pleasure are important to well-being and part of a wildly fulfilling next chapter. Answering the questions below will give you something to look forward to and enjoy.

What are the day-to-day activities you enjoy most? List them, then calendar time to enjoy them on a weekly basis.

Examples:

Tennis – 3 times/week, Monday, Wednesday and Saturday

Writing in journal – every morning

Walking with friends – every Friday

Cooking – on weekends

List your day-to-day activities:

ACTIVITY

WHEN

What are the experiences and adventures you want to plan and look forward to in the years ahead? Be bold. Do you want to climb mountains, visit another country, or spend time at an ashram? This is not a time to worry about the “how”. It’s a time for dreaming.

Examples:

- New Zealand hiking trip with group
- Historic Castles in Ireland with partner
- National Park with family

Now list yours then choose one to put on your calendar within the next couple of years, and begin to research it:

ACTIVITY

WHEN

Pillar 4: PROSPERITY



We all desire prosperity. This is both a material and a spiritual topic.

Although finances are an important part of this pillar, it also includes being healthy in body, mind and spirit. Health is everything, especially in your second half of life.

Review and capture your thoughts on the following questions...

How satisfied are you with your finances?

What if anything do you want to change in the years ahead?

Examples: Savings goal, give money to family members or causes, invest differently, work to earn more...

List goals or changes you want to make to your finances:

What are the practices you enjoy on a regular basis that support your health and well being?
Are there any changes you want to make to your routine?

Examples: Meditation, eating organic, regular exercise routine

List your practices going forward:

Believing in a higher power and engaging in practices on a regular basis is important to creating a solid foundation of well being that will carry you through the stresses of any transition. Some are more spiritual, some are religious, and some a combination of both.

What are your spiritual beliefs and practices and how do they support your spiritual growth and well-being? Is there anything you want to do differently in your next chapter?

Examples: Prayer, read spiritual texts each morning, attend services, daily meditation, create an altar

Your answers:

Pillar 5: PLACE



Home is a place to feel safe, relaxed, where you can restore yourself. Your needs may change in your next chapter.

Do you feel held and supported in your current home? Are there some changes you want to make to your current home? Do you want to change the colors in a room or clear some clutter? Do you want a different type of home in your next chapter? Do you want a garden? Do you want to downsize or change geographies?

Dream into this one and capture your thoughts and ideas...

It's time for **ACTION!**

Now that you've explored the 5 Pillars and begun to vision your next chapter, it's time to take some action steps to make it real!

What is at least one action step you can take in each of the 5 areas? Once you've outlined them, set a time by when you will complete them.



List 1 action step for each Pillar and 'when' you plan to do it:

PEOPLE:

PURPOSE:

PLEASURE:

PROSPERITY:

PLACE:

Now that you've completed these steps, you are on your way to making your next chapter your best yet!

If you like what you have discovered and want support in further defining your vision and making it real, reach out for a FREE 45-minute Life Reinspired Strategy Session with Sabrina.

Email sabrina@lifereinspired.com



Sabrina Roblin, CPOC is a retired executive, founder of Life Reinspired, and a coach, trainer and speaker who is happily enjoying her best chapter of life. She now helps others do the same.