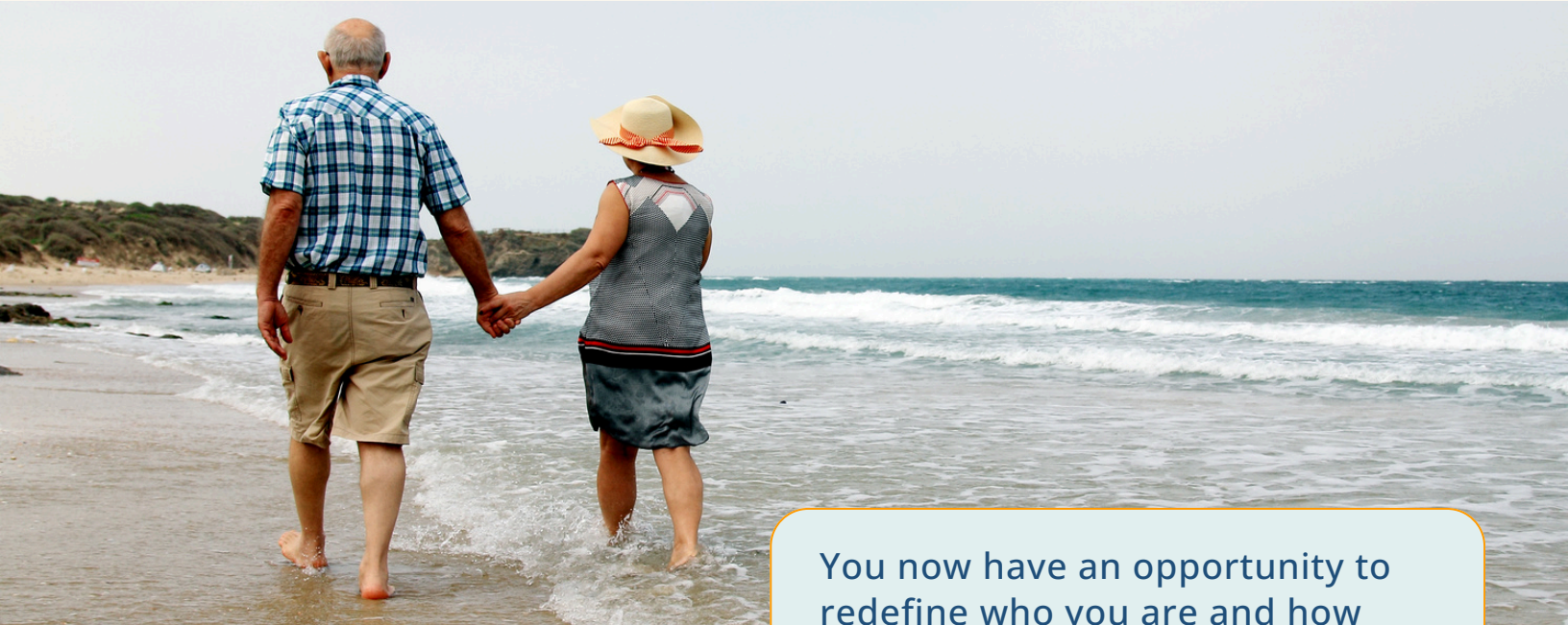


# INTRODUCTION



Preparing for retirement is a powerful opportunity to pause, reflect, and intentionally shape the next phase of your life. It is so important to start your next chapter with clarity and to step into retirement with confidence.

*Retirement isn't just a financial milestone. It's a life transition.*

You now have an opportunity to redefine who you are and how you want to live.

This beautifully designed self-reflection workbook helps you explore what you truly want from your next chapter — emotionally, mentally, socially, and personally.

The workbook guides you through thoughtful, empowering questions so you can design a retirement that feels meaningful, joyful, and aligned with your values. By completing the workbook you will begin your retirement journey with intention and be able to create a retirement you love.



# YOUR BETTER QUESTIONS



## SECTION 1

### *Vision & Meaning*

**What are my current thoughts about retirement?**

**PROMPTS:**

How does the thought of retirement make me feel? What worries or inspires me? What do others think or say? What may be blocking me?

## *My Next Steps Within 3 Months*

Action	Timeline	Who will support me?

## *My Next Steps in the Longer-Term*

Action	Timeline	Who will support me?

# OVERVIEW

This Retirement Vision Board is a creative, visual, motivational add-on that will help you to:

- ✦ See your retirement dreams clearly
- ✦ Feel inspired
- ✦ Stay motivated
- ✦ Turn ideas and dreams into reality

Use this workbook to visually map out your dreams, goals, and intentions for retirement. Add images, quotes, colours, and anything that inspires you.

There's no right or wrong way to create a vision board — simply choose what feels meaningful and energising.

*For the best experience with interactive fields and image uploads, please open this workbook in Adobe Acrobat Reader. This can be downloaded free of charge at <https://get.adobe.com/reader/>*

*Alternatively you can create a separate paper based image board and use this as a visual to keep you on track.*

