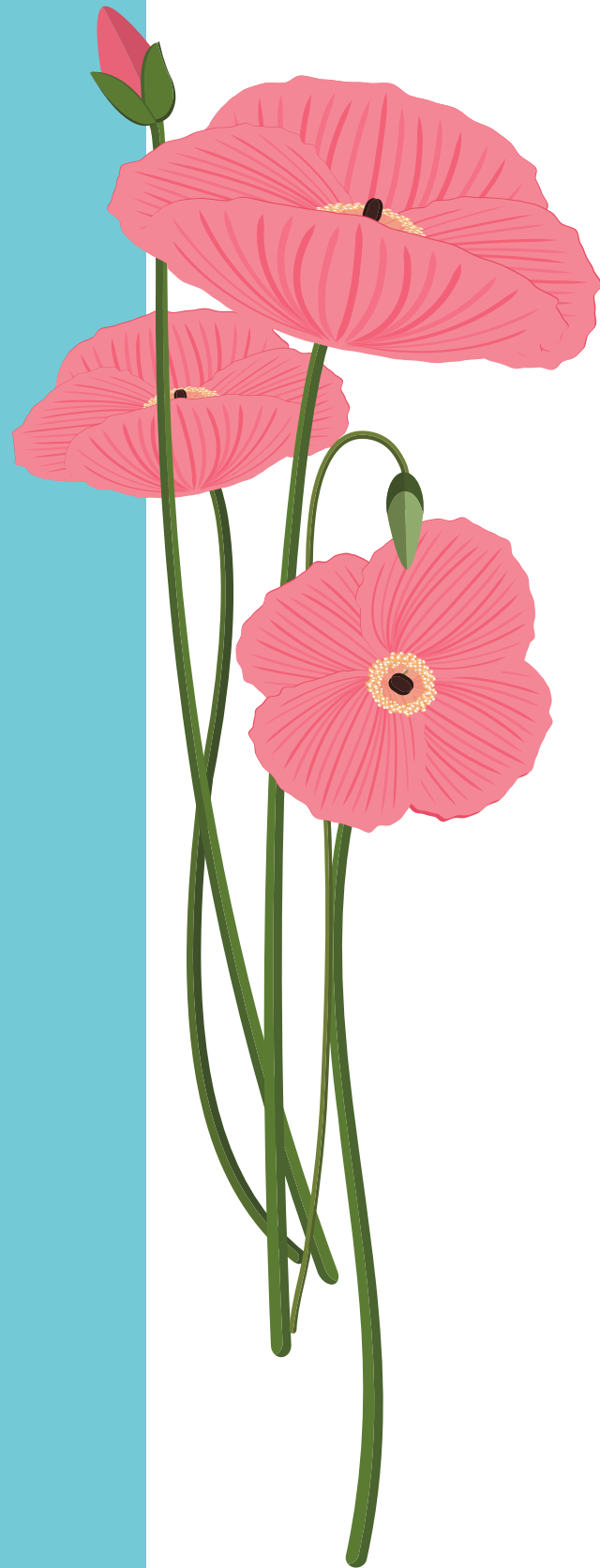


YOUR MIDLIFE TIMEOUT JUMPSTART GUIDE

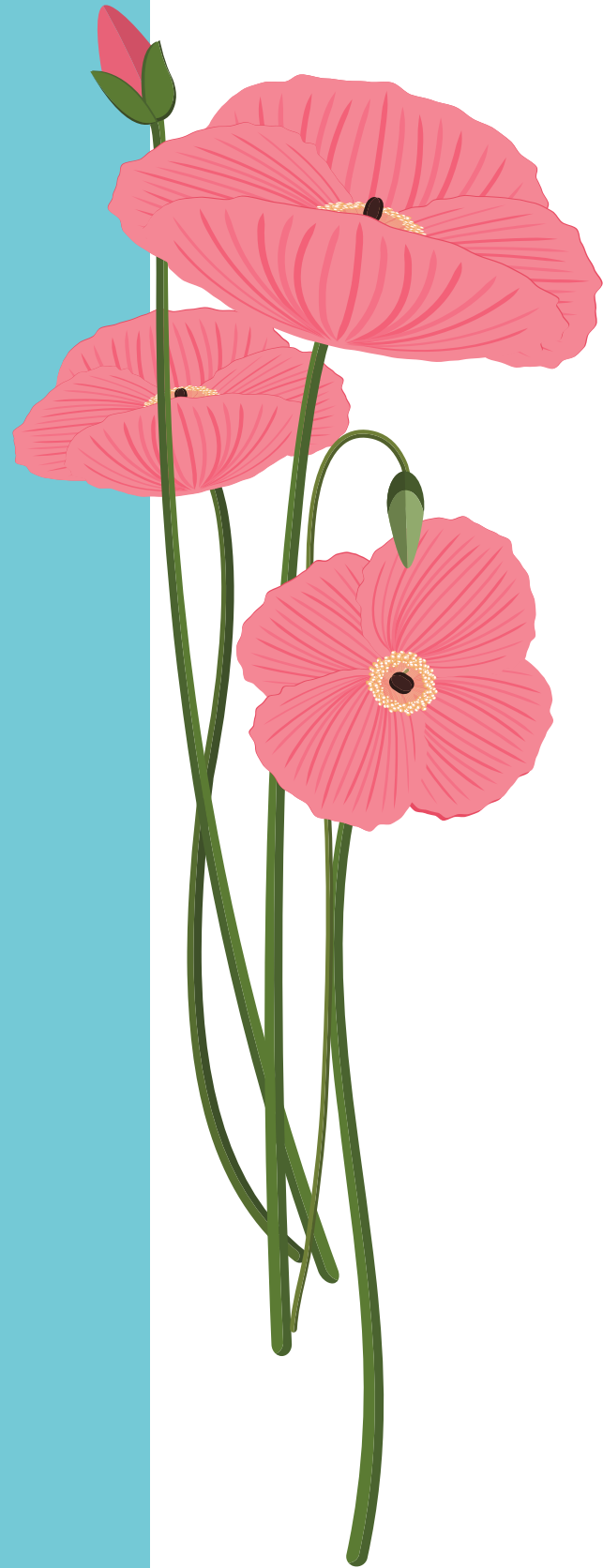
- 1 CREATE A LIFE MISSION STATEMENT
- 2 CRAFT A PERSONAL VISION STATEMENT
- 3 ASSESS YOUR LIFE
- 4 IDENTIFY GAPS
- 5 CREATE ACTION PLAN TO LIVE INTENTIONALLY

USE THE FOLLOWING PAGES TO CREATE A SIMPLE PLAN FOR REIMAGINING YOUR MIDLIFE!



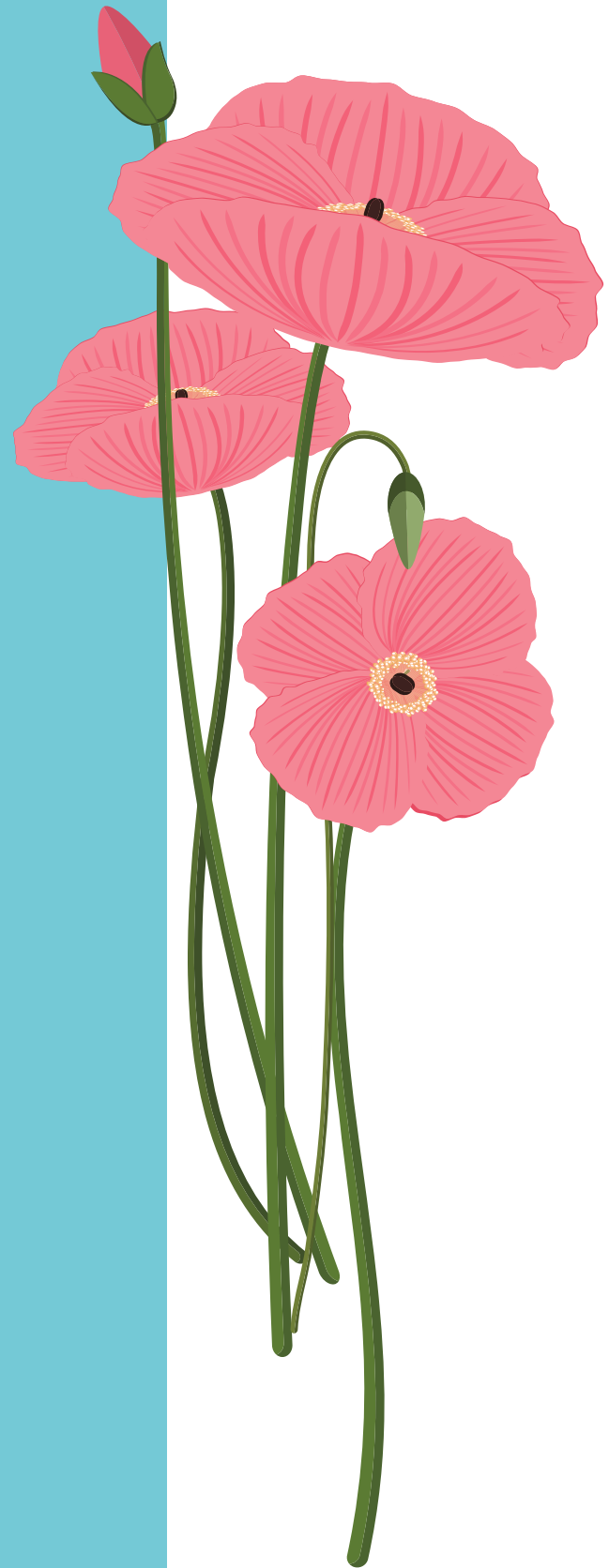
1. LIFE MISSION STATEMENT

- AN OVER-ARCHING CALLING OR IMPORTANT ASSIGNMENT
- UNIQUE PURPOSE FOR YOUR LIFE
- INCLUDE YOUR CORE VALUES
- CONSIDER YOUR PAST SUCCESSES AND STRENGTHS
- HOW DO YOU WANT TO CONTRIBUTE?



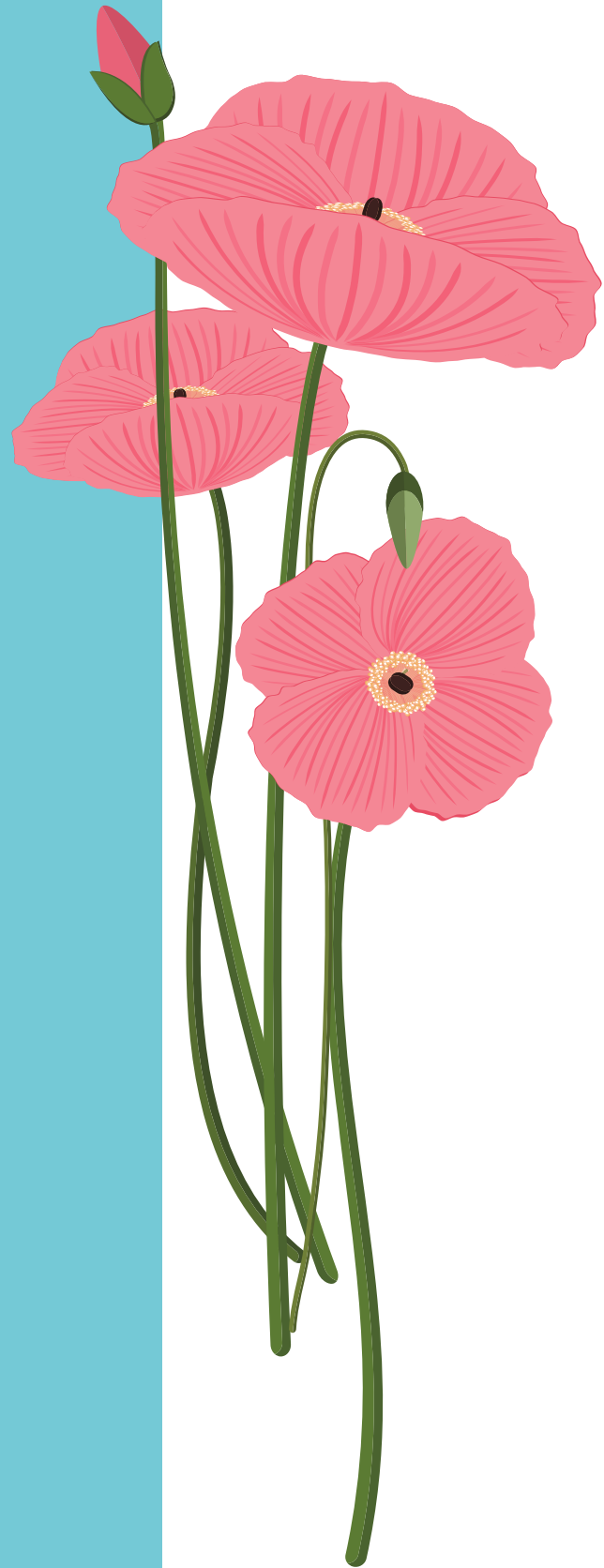
2. PERSONAL VISION STATEMENT

- MAGIC WAND TEST
(WHAT WOULD MY
LIFE LOOK LIKE IF I
COULD DO
ANYTHING?)
- INCORPORATE
SHORT- AND LONG-
TERM GOALS
- INCLUDE YOUR CORE
VALUES



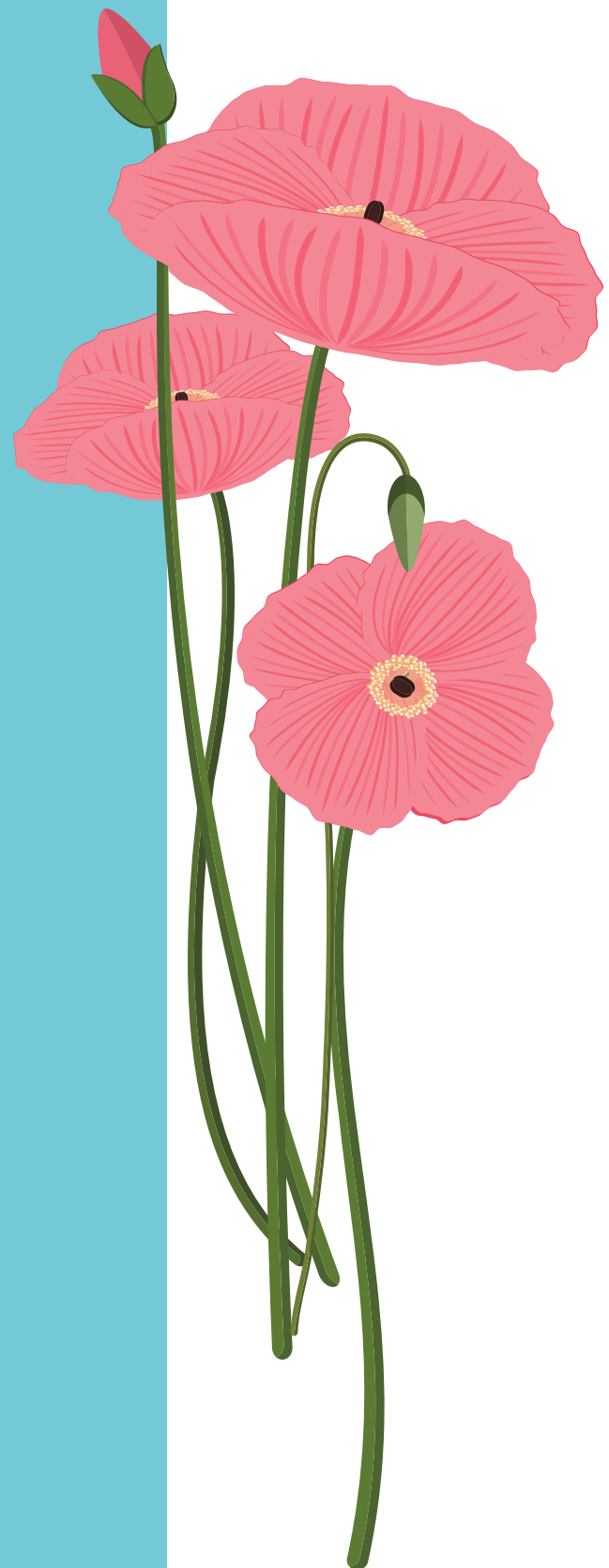
3. ASSESS YOUR LIFE NOW

- ARE YOU LIVING OUT YOUR CORE VALUES?
- ARE YOU THE PERSON YOU WANT TO BE?
- ARE YOU DOING WHAT YOU WANT TO DO?
- INVENTORY YOUR RESOURCES (TIME, MONEY, EDUCATION, SKILLS, ETC.)



4. IDENTIFY GAPS OR AREAS OF OPPORTUNITY

- CREATE A LIST OF WHAT YOU NEED TO ACHIEVE YOUR VISION AND GOALS
- COMPARE THIS LIST TO THE ONE YOU CREATED IN STEP #3
- WHAT IS MISSING TO OBTAIN YOUR GOALS?
- LIST 3-5 GAPS THAT YOU CAN ADDRESS



5. CREATE AN ACTION PLAN TO LIVE LIFE INTENTIONALLY

- WRITE DOWN SPECIFIC STEPS YOU WILL TAKE TO ADDRESS EACH GAP CREATED IN STEP #4
- IDENTIFY SHORT- AND LONG-TERM GOALS
- CREATE A TIMELINE FOR ACHIEVING EACH GOAL ABOVE
- YOU DID IT! YOU HAVE TAKEN TIME OUT TO IMAGINE A FUTURE YOU -- AND YOU HAVE AN ACTION PLAN!

