

Choosing a Theme for the New Year

Reflect on the past year

- What went well?
- What do you wish you had more of in your life?
- What would you like to have less of in your life?
- What's your motivation to change?

Pick a big category to focus on

- Physical health
- Mental wellbeing
- Social connections
- Financial readiness
- Family relationships
- Home
- Sense of purpose
- Attitude toward aging

Choose your theme

My theme for this year is:

Find a way to keep your theme top of mind

Are you thinking about retirement?

Visit secondlifevision.com to get started on building a life filled with meaning and purpose.

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