

ANCHORING YOUR LIFE AROUND YOUR TOP 5

Please respond to the following questions about how you **currently use your Strengths** and **how you could do so in the future**. Think about what you are enjoying in retirement and what you would like to do more of in retirement. How can your strengths guide you and create a sense of fulfillment?

My Most Salient Strengths:

1. How do you and how could you use your Strengths in building and maintaining relationships?
2. How do you and how could you use your Strengths in preventing and solving problems?
3. How do you and how could you use your Strengths in getting things done more efficiently?
4. How do you and how could you use your Strengths in overcoming discouragements and building confidence?
5. How do you and how could you use your Strengths in gaining a sense of direction and forming goals?
6. How do you and how could you use your Strengths in learning?
7. How do you and how could you use your Strengths in providing leadership and/or coaching/mentoring others?

8. How do you and how could you use your Strengths in helping and serving others?

9. How do you and how could you use your Strengths in fulfilling your purpose?

EXPLORING RETIREMENT GOALS

Identify 1 or 2 places you would like to lean into in retirement.

In retirement, describe your ideal day.

Name 1 or 2 talents you feel you lack an outlet for since retiring. (Maybe something you used regularly in your career, but don't use as much now.)

What do you most desire to do? What are you drawn to pursuing?

How can you repurpose a talent that feels under-utilized to move towards a new goal or hobby?