



THE ART OF LIVING FORWARD PLAN

A living, breathing list of possibilities.

Not a bucket list. Not a to-do list.

A place to dream, choose, change your mind, and keep moving forward.

This is yours.

You are not planning the rest of your life. You are giving it somewhere to go.

Write in the margins. Cross things out. Add ridiculous ideas. Change your mind. Come back next month and make it different. That is not failure. That is living.

You get to decide who comes next.

Retirement changes more than a schedule. It can loosen an identity you wore for years. Some parts of that identity deserve to come with you. Some do not.

WHO I WILL NOT BE	WHO I COULD BE
Titles, roles, expectations, habits, obligations — anything you are ready to stop carrying.	No job description required. Try on possibilities. Be unreasonable. Be curious.
• _____ • _____ • _____ • _____ • _____ • _____ • _____ • _____	• _____ • _____ • _____ • _____ • _____ • _____ • _____ • _____

Push it a little.

What are you delighted to never be responsible for again?

What title did you accidentally mistake for yourself?

Who might you be when nobody needs you to be impressive?

Notes and Art

Purpose without the productivity trap.

You do not have to earn your right to matter. Purpose can be contribution. It can also be connection, curiosity, presence, joy, making something, learning something, or simply being available for the life you have.

YOUR PURPOSE DOES NOT HAVE TO PRODUCE ANYTHING.

What will I happily stop doing?

What do I want more of?

Where do I want to be useful — because I choose to be?

Who do I want to have more time for?

What would make an ordinary Tuesday feel like a good life?

Notes and Art

There are 168 hours in every week.

You do not need to schedule every one of them. You may, however, want a little rhythm — and a whole lot of “I am going to do this.” Start by noticing where you want your life to live.

WHERE MY HOURS MAY GO	HOURS	NOTES / RHYTHM
Sleep & rest	_____	_____
People I love	_____	_____
Movement / outside	_____	_____
Learning / curiosity	_____	_____
Contribution / purpose	_____	_____
Play / fun	_____	_____
Work (if I choose)	_____	_____
Solitude	_____	_____
Unclaimed time	_____	_____

TOTAL: _____ / 168

Leave some hours unclaimed on purpose. Freedom needs somewhere to land.

One weekly ritual I think I would love:

One thing I refuse to schedule:

Notes and Art

Not everything belongs on your future calendar.

This page is where obligation gets separated from possibility — and possibility gets separated from choice.

SHOULD

Things I keep telling myself I ought to do. Some may be real. Some may be inherited nonsense.

- _____
- _____
- _____
- _____

COULD

Things I could try, revisit, learn, wander toward, or become. No commitment required.

- _____
- _____
- _____
- _____

GONNA

The few things I am choosing — for now — because they make me lean forward.

- _____
- _____
- _____
- _____

NOT EVERY SHOULD DESERVES TO BECOME A GONNA.

Notes and Art

Now make the list less sensible.

This is the page for the ideas you usually edit before you say them out loud. Do not worry about logistics yet. Reality gets a vote later.

Permission starters: *Live somewhere else for a season. Learn drums. Or Italian. Or fly fishing. Become the person who swims every morning. Take Tuesdays completely off. Start the thing. Quit the thing. Try the weird thing.*

01. _____
02. _____
03. _____
04. _____
05. _____
06. _____
07. _____
08. _____
09. _____
10. _____

Circle anything that makes you grin, squirm, or immediately think “that’s ridiculous.” Especially those.

Notes and Art

Choose one Gonna.

Not the biggest. Not the most impressive. Pick one that gives you a little spark — then make movement smaller than your excuses.

My Gonna:

Why this one, now?

The smallest real move I can make in the next 72 hours:

Who, if anyone, should know I am doing this?

When I will make the first move:

MOVEMENT MATTERS MORE THAN MAGNITUDE.

Tiny counts. Starting counts. Changing your mind counts too.

Notes and Art

This plan is supposed to change.

Come back to it when life changes, when you change, when a new possibility appears, or when a Gonna becomes a “well, that was interesting.” Your future is allowed to surprise you.

Before you put this away:

- Cross out one Shoulda you are officially releasing.
- Star one Coulda you want to keep curious about.
- Choose one Gonna and make the first move.

Want a little company for what comes next?

Talk it through with Karen or come find your people inside Nexters.

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AI helped with a bit of the content, and all of the layout- letting you know because collaboration fuels this project for me. K