

How to Begin Your Second Act Checklist



Reflect on Your Passions & Dreams

- Take time to think about what truly matters to you and what you've dreamed of doing.
- Think about the hobbies, skills, and interests that have brought you the most joy.



Explore Your Options

- Start exploring different opportunities that relate to your skills, passions, and interests.
- Do some research, talk to people, and find out what's out there that aligns with your dreams, skills, and passion.



Invest In Learning and Growth

- Consider investing in yourself by learning new skills or taking courses to help you pursue what you want.
- Look for opportunities to expand your knowledge and expertise in areas that excite you.



Set Clear Goals & Prioritize

- Once you have a good sense of what you want to do, set some goals that align with those passions/dreams.
- Think about what matters most to you and prioritize your goals accordingly.



Take Action & Stay Resilient

- Once you have identified your goals and gained some knowledge, take action!
- Remember, setbacks are part of the journey, so stay resilient and keep pushing forward to making your second act a reality.

Secondactinspiration.com



How to Begin Your Second Act Checklist



Example of Someone of Beginning Who Has A Passion for Photography

Goal 1: Develop their Technical Skills

- Action Steps: Research reputable photography courses or workshops, enroll in a program that aligns with personal interests and skill level, dedicate time each week to practice new techniques, and seek feedback from the instructor and peers.
- Complete the course within the next 6 months.

Goal 2: Build a Professional Portfolio

- Identify themes to explore in photography and schedule regular shoots, create and edit the images to highlight technical proficiency and artistic vision
- Complete the portfolio in the next 9 months.

Example of Someone Who Has A Passion for Writing

Goal 1: Create a collection of personal essays highlighting your experiences and insights throughout your life's journey.

- Launch a blog or online platform to share your wisdom, stories, and reflections on various topics like personal growth, resilience, and navigating life's transitions.
- Explore opportunities to lead workshops or mentor aspiring writers.

These are two brief examples of how to start creating your second act based on a dream, passion, or skill.

The goal is just to GET STARTED!

Your subscription to the newsletter will automatically begin with the download, giving you access to resources, blogs, and personal stories that will support you in creating and living a fulfilling second act. As a BONUS, you will have access to previous Inspired Blogs resources.

Second Acts Begin With Taking The First Step!

Secondactinspiration.com



Notes to Get Started



Notes to Get Started

