

secondactinspiration



5 Step Planning Guide

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Step 1: Who Am I?

Take a moment to reflect on your core identity and values.

- What are the core values that define who I am?
- What roles have shaped me in my life so far(e.g. mother, professional, volunteer)?

Step 2: What Do I Want?

Clarify your desires and aspirations for your second act.

- What do I envision for this next chapter of my life?
- What activities or goals excite me and give me purpose?



Step 3: Areas Where My Life Is Already Fulfilling

Acknowledge the areas in your life that already bring you satisfaction.

- Which parts of my life feel rewarding and fulfilling?
- How can I build on these successes in my second act?

[illegible]



Step 4: Transferable Skills I Enjoy Using

Identify the skills you enjoy using that can be applied in your new chapter.

- What skills or strengths have I developed over the years that I truly enjoy using?
- How have these skills served me in the past?

3-Step Action Plan to Get Started

Step 1: Set Clear Goals

- Define 1-2 specific, realistic goals that align with what you want for your second act.
- Example: "I want to start volunteering with a local non-profit organization that aligns with my passions."

Step 2: Create a Timeline

- Set a timeline to begin taking steps toward your goals. Break it down into manageable tasks.
- Example: "Within the next month, I will research and reach out to at least 3 organizations where I can use my skills."

Step 3: Take Action

- Start with small steps that build momentum and get you closer to your second act.
- Example: "This week, I will schedule a meeting or conversation with someone in a role that interests me to learn more about their experience."

Notes:



In addition to this free resource, I offer a variety of Inspired Resources to help you create and live a fulfilling second act. These tools are designed to support you every step of the way. Explore more resources to ignite your passion, set new goals, and find purpose in this exciting next chapter of life.

Jackie