



The Next Chapter Circle

PO Box 74

Cochranville, PA 19330

(610) 572-4995

Gregory Raphael, Founder & Program Director

A Support and Education Community for Senior Transitions

A Day in My Ideal Future

Instructions:

Take a few quiet minutes to imagine a future where life feels easier, more connected, and aligned with what matters most to you. There are no right or wrong answers. Use the prompts below to reflect, write, or sketch.

1. How I Want to Feel

What feelings do I want to experience most days?

(Examples: calm, connected, purposeful, independent, supported, joyful)

Notes:

2. My Ideal Morning

When I wake up in this future life, what does my morning look like?

Where am I? What's the first thing I do? Who's nearby?

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3. My Community & Connections

Who are the people I see regularly?

What kinds of interactions fill my days with meaning?

Notes:

4. My Home Environment

What does my living space feel like?

(Examples: cozy, simple, social, private, walkable, maintenance-free)

Notes:

5. My Daily Activities

What do I spend my time doing that brings me energy or peace?

(Hobbies, volunteering, learning, relaxing, exploring)

Notes:



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6. My Support System

What kind of support helps me feel secure and confident?
(Health, transportation, social, emotional, household tasks)

Notes:

7. My Sense of Purpose

What gives my days meaning in this future chapter?

Notes:

8. What Stands Out to Me

What surprised me?
What felt especially important?

Notes:
