

## One Action Step: The Joy Blueprint Self-Check

Complete the quick worksheet below. It's a simple self-assessment tool to help you reflect on where you are — and where you want to grow.



### Joy Blueprint Worksheet: Your 8-Point Self-Check

For each attribute, rate yourself from **1 (low)** to **5 (high)** based on how well you're currently living it:

Attribute	Description	Your Score (1–5)
Flexibility	I adapt well to changes in plans/life.	
Optimism	I regularly expect good things ahead.	
Purpose	I have a strong sense of meaning/direction.	
Faith	I feel spiritually grounded or guided.	
Recreation	I regularly do things just for fun.	
Wellness	I care for my health and energy.	
Preparation	I feel financially and mentally ready.	
Connection	I invest time in relationships that matter.	

**Total Score:** \_\_\_\_ / 40

#### Reflection Prompt:

- Which areas are strongest for you right now?
- Which 1–2 areas could use the most attention?
- What's one small action you could take this week to improve them?

#### Final Thought

Retirement is your time. But a joyful retirement — one with clarity, connection, and energy — doesn't happen by chance. It's built, moment by moment, by the choices you make. The Joy Blueprint is here to guide those choices.

You don't need to overhaul your life overnight. Just start with one small shift — and you'll be surprised how quickly joy follows.

