

# Ruling Your World in Retirement: Reflection & Action Worksheet

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Use this worksheet to reflect on your retirement journey and take actionable steps toward living a life of purpose, clarity, and joy.

## 1. Embrace Your Basic Goodness

**Reflection:** What strengths, values, or qualities make you proud of who you are?

**Action:** Write down 3 ways you can honor your core goodness this week.

## 2. Live with Discipline

**Reflection:** Which daily habits currently support your well-being, and which don't?

**Action:** Choose 1 new habit to implement daily for the next 7 days.

## 3. Develop Fearlessness

**Reflection:** What's one challenge or opportunity you've been hesitant to pursue?

**Action:** Take one small step this week toward facing it.

## 4. Lead with Compassion

**Reflection:** How can you show more understanding or care to those around you?

**Action:** Identify 2 specific ways to practice compassion this week.

## 5. Practice Generosity

**Reflection:** How can you give your time, attention, or skills to benefit others?

**Action:** Commit to one act of generosity in the next 7 days.

## 6. Cultivate Wisdom

**Reflection:** What new knowledge, skill, or perspective would enrich your life right now?

**Action:** Choose one learning activity to pursue this week (read, attend a class, mentor, etc.).

## 7. Maintain Balance

**Reflection:** Are you giving equal attention to your body, mind, and spirit?

**Action:** Plan one activity this week for each area: physical, mental, and emotional/spiritual.

## **8. Embody Courage**

**Reflection:** Where do you need to stand firm or try something new in retirement?

**Action:** Identify one courageous action you will take this week.

## **9. Create a Legacy**

**Reflection:** What impact do you want to leave on your family, friends, or community?

**Action:** Take one step this week toward contributing to your legacy.

## **10. Embrace the Warrior-King Within**

**Reflection:** How can you combine strength, wisdom, and compassion in your daily life?

**Action:** Choose one practice this week that reflects the qualities of the warrior-king.

**Weekly Check-In:** Reflect on what worked, what felt meaningful, and what you want to continue practicing next week.