



# FORWARD AFTER 50 »»»

THE RISING REINVENTORS

Rebecca Ronane

# Forward After Fifty

Thanks for purchasing my book. I hope you enjoyed it and now feel like you are one of the Rising Reinventors.

This workbook is designed to supplement the questions in the book so that you have a place to capture your thoughts. NB. The original chapter headings have been used so that you can refer back to the book if you want to. Carve out some time to journal your responses.



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## Chapter 1: Let's Get Rid of Ageism

- How old are you?
- How old do you feel?
- How does your age make you feel different?
- What do you tell yourself and others about your age?
- What biases around ageing could you choose to let go of?
- We have explored many areas relating to ageism. What would you like to change as a result of learning more about ageism, if anything?

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## **The Value of Intergeneration**

How could intergenerational thinking improve your life after fifty?  
*(Consider intergenerational business, living and connection)*

## **Uncover Your Limiting Beliefs Around Ageing**

- Complete the following sentence: I'm too old for ...
  
- How do you feel about your response to what you listed?

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## Chapter 2: The Phoenix Effect

If you would like to create a new role, what would it be?

What big dreams would you like to realise?

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## Your Reinvention Plan

Using the steps below, create a reinvention plan that lights you up.

1. Write down your overall goal, i.e. Become a Yoga instructor.
2. Break it into small subtasks, i.e. Research Yoga courses, choose level of training, create space in diary for Yoga practice.
3. Write down any actions you can take to achieve your goal. To avoid overwhelm, keep your tasks small and achievable, this is key to your success, i.e. Spend one hour researching courses, speak to an instructor about their journey, block out 2-hours in your diary.

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## Chapter 3: Values - Your Superpowers

Identify your top values using the following method:

1. Make a list of 15-20 things you need in life to feel complete, i.e. adventure, family, learning.

If you prefer to work from a list, you can choose from the values list on the next page ...

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1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
34. Focus
35. Forgiveness
36. Freedom
37. Friendship
38. Fun
39. Generosity
40. Gentleness
41. Growth
42. Happiness
43. Harmony
44. Health
45. Helpfulness
46. Honesty
47. Honour
48. Humour
49. Idealism
50. Independence
51. Innovation
52. Integrity
53. Intuition
54. Joy
55. Kindness
56. Learning
57. Listening
58. Love
59. Loyalty
60. Optimism
61. Orderliness
62. Participation
63. Partnership
64. Passion
65. Patience
66. Peace
67. Presence
68. Productivity
69. Recognition
70. Respect
71. Resourcefulness
72. Romance
73. Safety
74. Self-Esteem
75. Service
76. Simplicity
77. Spaciousness
78. Spirituality
79. Spontaneity
80. Strength
81. Tact
82. Thankfulness
83. Tolerance
84. Tradition
85. Trust
86. Understanding
87. Unity
88. Vitality
89. Wisdom

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1. Then prioritise again to get your top 10 most important things.
2. Finally, drill down to your top five. It can be surprising that your top five are not always what you expect.
3. Next, prioritise your list and rate the items according to how important they are to you.

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## Chapter 4: Mindset - Your Secret Weapon

- Which of these 3 biggest fears come up in your life, if any? (*1. Not enough time, 2. Weight gain and physical/mental demise or 3. being alone*).
- How can you take control and overcome these fears?
- Where are you saying ‘I’ll do this when ...’
- What are you feeling guilty about?
- If you went back in time, would you do anything differently with the experience, skills and knowledge you had back then?

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Are you willing to let it go today?

What needs to happen for you to completely release it?

What regrets/disappointments do you have?

If you went back in time, would you do anything differently with the experience, skills and knowledge you had back then?

Decide today to believe that you did the best you could at the time. If there are ways you can make amends, then write down the action you could take in the space below. If not, choose to let it go.

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## Chapter 5: Wellbeing in Your Hands

As detailed in the book, there are 4 key areas to wellbeing - Physical, Emotional, Mental and Spiritual.

Which area do you believe you need to improve? Define one change you can make in this area, and then make it happen. Here's a simple reminder of the areas. You can revisit the book for more detail.

- **Physical** (*Weight, nutrition, sleep, movement*)
- **Emotional** (*Emotions, boundaries, taking yourself too seriously, positivity*)
- **Mental** (*Respecting yourself and your decisions, relaxation, social media, brainpower*)
- **Spiritual** (*Self-love, self-reflection, connection & community*)

How would you feel if you chose not to accept that your future is filled with health issues because 'you're over fifty'?

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## Chapter 6: Career Reboot

In the book, I talk about 3 key areas of career reboot - Professional work, being your own boss and volunteering. Choose an area to explore from the options below:

### Career

- If you'd like to change your career, what would you like to do instead?  
*(List all options, no matter how wild they might seem!)*
  
- Which option lights you up the most?

### Being Your Own Boss

- If being your own boss excites you, in which field of business would you like to be? (List all options)
  
- Which option matches your passion and skillset? If you're not skilled in the area, what do you need to learn to be ready?

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## Volunteering

- If you're ready to volunteer, in which area would you like to make a difference?
- *Check out what volunteering options are available locally/online to you.*

## Create a mini-action plan

What will your first action step be?

## Work/Life Balance

How can you create a more balanced approach to life? List some ideas in the space below:

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## Chapter 7: Time & Curiosity

- What's your perception of time? (i.e. It feels like it's running out, you feel you have to catch up, or you feel in control of it).
- If you had forever, what would you do?
- What makes you believe you can't do those things now? (*Okay, it might be too late to learn to be a world-class ballerina, but it's not too late to learn ballet routines or take dance classes*)
- How are you exercising your brain?
- What new skills could you learn?
- What new adventures could you go on?

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## Chapter 8: Wise New Owl

- In what ways are you using your wisdom on a regular basis?
- If you're worried about being judged, why does it matter to you so much what other people think?
- What needs to happen for you to let go of other's perceptions of you?
- What / who do you need to release from your life?
- Explore your 'mistakes and bad experiences'. Consider what you've learned as a result of them happening.

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## Chapter 9: Independent Woman

How well do you manage your finances? Answer the following thought-provoking questions:

- Do you have your own bank account? Y/N
- How often do you look at it?
- Do you know how to run your home finances? Y/N
- Do you hang out with people you want to be with regularly, without your partner being present? Y/N
- Are you physically and mentally travelling to places you want to go to? Y/N
- Are you investing in yourself and or others? Y/N
- Are you living how you want to live - in the best of circumstances? Y/N
- What has to happen for you to be an independent woman? (It doesn't mean you don't *want* to be with others, just that you don't *need* to be).

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## Chapter 10: The Power of Gratitude and Forgiveness

- What are you grateful for in your life right now? (*A moment in nature, a smile, a kind word, a gift, a phone call?*)
- If you like the idea of a regular gratitude practice, you could use the following:
  1. In the morning, write down 3 things that you're grateful for.
  2. As you go about your day, notice things to be grateful for. If you have time, write them down too.
  3. In the evening, review everything that's happened that day and write down the best thing that happened.
- Who do you need to forgive so that you can release any pent up emotion?
- How will forgiving this person allow you to move on?

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## Chapter 11: Your Future Self

**Write a letter to your future self:**

- Spend some time writing a letter to your future self.
- What do you wish for her in the future?
- Once you've written your letter, create a plan of action below and go and make it happen!

### What's Next?

*I hope you've found this workbook useful. If you did, then check out my [30-Days to Kick-start Your Life After 50](#) programme where you will learn how to start your reinvention, kick-start your life and build more confidence.*

Here's to your reinvention!