

REINVENTION TOOLS FOR FORWARD AFTER 50



REBECCA RONANE

ABOUT ME



REBECCA RONANE

Author of *Forward After 50*, *The Rising Reinventors*, Rebecca lives in the sunny south of France with her French Dutchman and dog Myrtle. She describes herself as having an endless curiosity for life, being a perpetual learner and explorer, of both places and things. She says, “Everything I've ever done has been a new adventure. I thrive on a challenge.”

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Finding out where you are in your life at this present moment is a great way to prepare for your future reinvention.

INSTRUCTIONS

- This is a great exercise to do over a cup of tea or coffee to take stock and then take action.
- Simply answer the questions below and then look for the key points, patterns, and similarities you notice from your responses.
- Finally, note down your Top 3 Key Observations, and identify an action to move forwards for each one!

NOTE: Feel free to take your time and get temporarily side-tracked as you consider your responses! The questions are deliberately vague - so don't think, just trust and write down whatever pops into your mind.

1. TOLERANCES: What are you putting up with at the moment?

2. SHOULD: What do you think you 'SHOULD' be doing right now, professionally & personally?

3. FRUSTRATIONS: What things are FRUSTRATING you about yourself, your life, health, work, and others?

4. DESIRES: What do you REALLY, REALLY WANT right now in your personal and/or professional life?

Personally/Professional

5. FEELINGS: How do you CURRENTLY feel?

How do you WANT to feel?

Now, reviewing your answers above, what do you notice? Put the most important thing first, then the second and third in the order. Then, looking at your key learnings below, imagine and write an action of what you will do to address each learning within the next week:

1st Key Observation

Action 1

2nd Key Observation

Action 2

3rd Key Observation

Action 3

If you haven't already done so read my book Forward After 50, The Rising Reinventors you'll find many tips there that will help you on your journey of reinvention.



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Forward after Fifty