



# 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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If you could do or be anything, what would it be? This a great question to ask yourself going forward after fifty. Although responding you may find challenging, which makes this exercise ideal for identifying possible directions you'd enjoy. **BOOST YOUR STRENGTHS.** In life, the area where we have the most opportunity for improvement and growth is not our weaknesses – but our strengths!

For each of your Top 3 Strengths, ask yourself these Strength-Boosting Questions:

- How could I develop this strength even more in my reinvention journey?
- How could I turn this strength into a huge opportunity?
- What ideas have I already had around this that I've been putting off?
- Where could I use this strength to take my life to the next level?
- Where could my reinvention shine if I went for it?

My Top 3 Strengths are: Review your life and pick three strengths you consider the most important or valuable.	I could Boost this Strength by: Using the Strength Boosting questions above, brainstorm 3-5 ideas or actions to boost your reinvention and its strengths.
1.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
2.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
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To wrap up, **circle ONE action for each Strength you will take forward.** Lastly, write a date next to each circled action. Ideally, **take at least one action within the next week.**

POST-EXERCISE PONDER: How does it FEEL to focus on your strengths? What do you notice about yourself after completing this exercise? How could you focus more on your strengths going forwards?

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.



*Rebecca Ronane*

Forward after Fifty