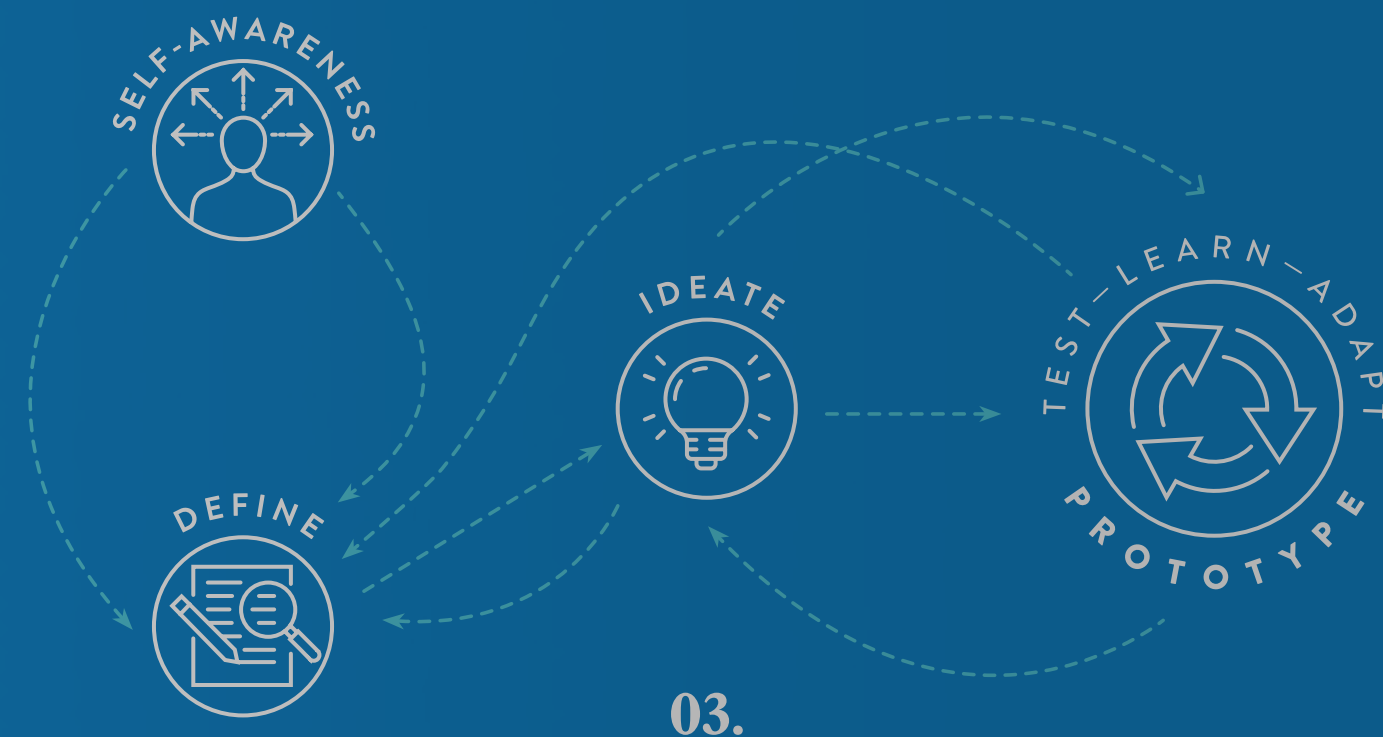


PAINTING YOUR
RETIREMENT
CANVAS

The Art of Purposeful Longevity

Abhi Patwardhan





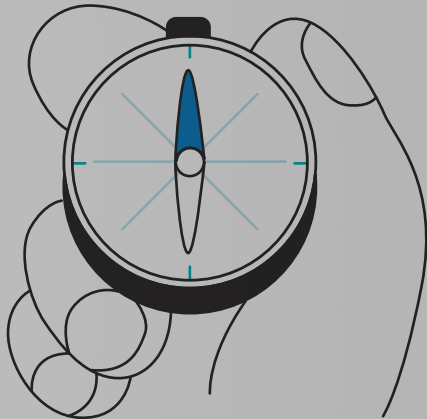
03.

THE IDEAS TRAIL



Building Life Plans

Life plans are like the **GPS for your retirement journey**—without them, you might end up lost in a sea of uncertainty! *Picture this:* retirement is your grand adventure, with different routes that guide you to **your dream destinations**.



First off, life plans give you purpose. Retirement isn't about kicking back and watching the grass grow; it's about embracing new passions, exploring uncharted territories, and making every moment count. Whether travelling the world, volunteering for a cause you're passionate about, working part-time or picking up that hobby you've always dreamed of, having a plan keeps your eyes on the prize and your heart full of excitement.

But here's the kicker: life plans aren't just about the big stuff; they're also about the little things that make retirement sparkle.

From spending quality time with loved ones to pursuing personal growth and development, having a roadmap ensures you're living your best retired life—one meaningful moment at a time.

Plus, having different life plans makes you adaptable. Things might not always go according to plan, but having a roadmap gives you the confidence to adapt and pivot when needed.

So, whether you're making your bucket list, setting goals for personal growth, looking for part-time work or plotting your next big adventure, remember: life plans aren't just important for a rewarding retired life—they're essential.

We recommend being divergent with your thinking and hence there are three Life Plans that we use in our workshops.

LIFE PLAN A

List out all the ideas bouncing around in your head.

LIFE PLAN B

If you couldn't execute on Life Plan A, what would you do? List out those ideas here.

LIFE PLAN C

We tend to be constrained by our circumstances. This plan is a constraint-free list of ideas. Participants usually have only one or two ideas in this plan, but these ideas evoke a smile.



Life Plan



HEADLINE FOR THE PLAN

—*The Plan in Your Head*

Year 01

Year 02

Year 03

Rate your plan!

RESOURCES

CONFIDENCE

I LIKE IT

NONE

PLENTY

LOW

HIGH

HATE IT

LOVE IT



Life Plan



HEADLINE FOR THE PLAN

—*When Plan A Fails*

Year 01

Year 02

Year 03

Rate your plan!

RESOURCES

CONFIDENCE

I LIKE IT

NONE

PLENTY

LOW

HIGH

HATE IT

LOVE IT



Life Plan

—When You Have Unlimited Money



HEADLINE FOR THE PLAN

Year 01

Year 02

Year 03

Rate your plan!

RESOURCES



CONFIDENCE



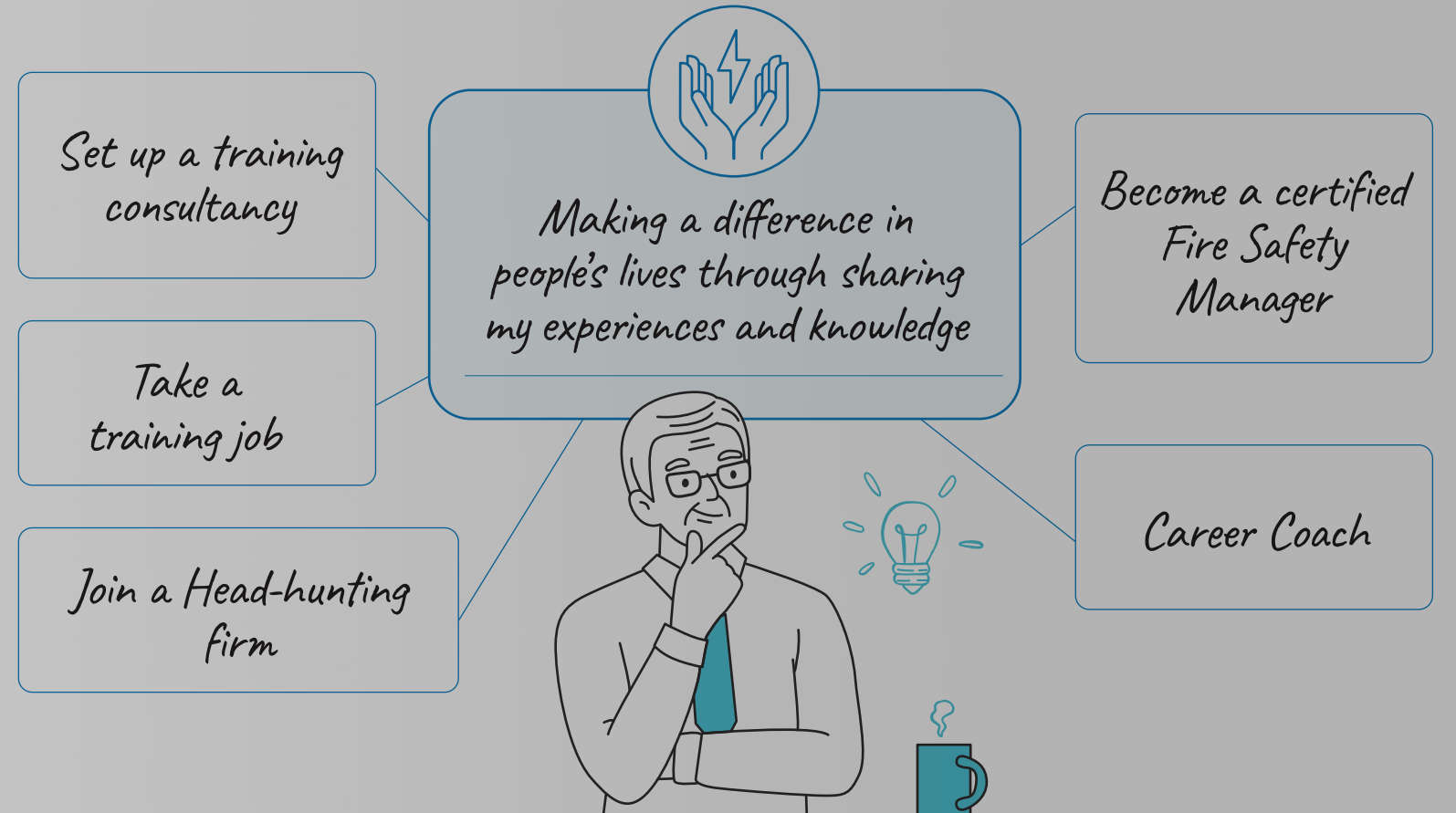
I LIKE IT



Building Life Plans

BRIAN'S LIFE PLANS

The ideas shown below are the result of the **brainstorming exercise** we conducted for Brian.





Life Plan



HEADLINE FOR THE PLAN

Training and Coaching

Year 01

Apply for a Training job

Travel to all countries in SE Asia

Get a career coach certification

Year 02

Set up a franchise for EQ Training

Get a job as a career coach

Year 03

Set up a Training Consultancy

Rate your plan!

RESOURCES



CONFIDENCE



I LIKE IT



Life Plan



HEADLINE FOR THE PLAN

—When Plan A Fails

Year 01

Join a head hunting firm

Year 02

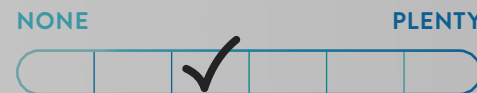
Get a Fire Safety Officer Certification

Year 03

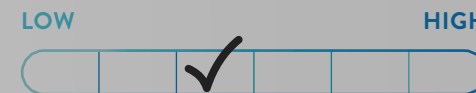
Offer Fire Safety Audits to schools and SMEs

Rate your plan!

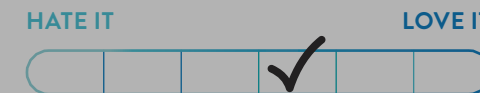
RESOURCES



CONFIDENCE



I LIKE IT





Life Plan

—When You Have Unlimited Money



HEADLINE FOR THE PLAN

Community Impact

Year 01

Travel all over the world

Year 02

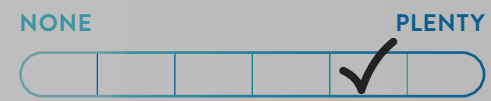
Set up a swimming school

Year 03

Set up a school for underprivileged children

Rate your plan!

RESOURCES



CONFIDENCE



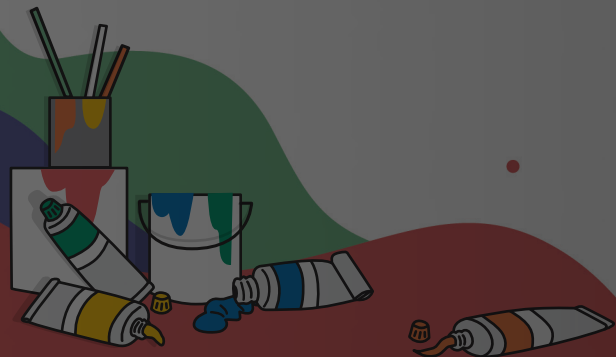
I LIKE IT



USE THIS BLANK PAGE TO DOODLE OR RECORD YOUR THOUGHTS AND IDEAS THAT OCCUR TO YOU WHILE YOU ARE ON THE IDEAS TRAIL



**Did you know you'll
spend at least 1/3 of your
adult life in retirement?
Are you prepared for
this journey?**



“Painting Your Retirement Canvas” is your essential guide to creating a fulfilling and purposeful retirement. This book will help you develop a design thinker’s mindset, build your unique persona, and generate life plans that align with your passions.

Learn to reframe challenges, monetize your skills, and create a personal brand that keeps you relevant. Discover how to build resilience, maintain wellness, and expand your social connections in this new chapter of life.

Don’t just retire—design a retirement that’s as unique as you are. Let “Painting Your Retirement Canvas” be your guide to mastering the art of purposeful longevity.



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