MODULE 7

# the *mental game*: mindset, endings, & transitions

## WHY ARE YOU EXCITED?

When you think about retirement - what excites you the most?

## WHY YOU'RE AFRAID

When you think about retirement - what scares you the most? What are you afraid of?

## DRINK IN THE GOOD

Take a moment. Think of all the good times you had at work. Think of every thing you loved about your job. What are you're going to miss? When you're ready - jot them down below.

## OUT WITH THE BAD

Okay, now take a moment (or many moments). Think on all the things you absolutely will not miss about work. What annoying things are you thrilled you will never, ever have to do again?

## GETTING GOOD AT GRIEF

There is no way this is your first ever major life transition. There is no way you've gotten this far in life without ever experiencing and managing grief. What sorts of things have worked well for you in the past?

How can you apply what's worked for you previously to this major life change? We encourage you to be creative and think outside of the box. Remember Martin? The guy from the book who made up his own ritual to let go of work? We want you to do that below.

## INSIGHTS