

Self Coaching Activity:70 Looking Back

Imagine your life when you are 70. Looking back on your life what would you have liked it to be like?

To focus your thinking consider your life by thinking about it through the following lenses:

- Business and career:
 - What work will you have done?
 - Was your career important to you?
 - Will you still be working and, if so as what?
- Finances
 - How much disposable income will you need?
 - How much money do you want to hold in investment and assets?
 - Is your current level of saving and investing sufficient for the kind of life you want to lead?
- Health
 - What do you want to be able to do physically?
 - Do your current eating, sleeping, exercising routines support the kinds of things you want to be doing in the future?
- Family and friends
 - Who do you want to be spending time with?
 - How do you currently spend your time and does it support the kind of relationships you'd like to have in the future?
- Romance
 - Who do you want to be spending time with?
 - How do you currently spend your time and does it support the kind of relationships you'd like to have in the future?
- Fun and recreation
 - What do you want to be doing for fun?
 - How do you currently spend your time and does it support the kind of recreation you'd like to have in the future?
- Physical environment
 - What will your home and environment look like?

Write down the answers to the questions above.

Based on what you have answered make a note of the areas where you are already well on your way to the life you want to have lived.

Is there anything you need to attend to to change the course of your life?

Make a list of the changes you'd like to make. Some of them will be simple changes and some of them might take a longer time.

This list is a great starting point for a coaching journey. If you'd like to know more about coaching you can contact me at penny@castlecoaching.co.za