

Soul, Role and Context* Reflecting on retirement

This offers some suggestions for reflection as you prepare retirement

Soul

What gives you energy? Abundance, trust and new life?
What gets you out of bed,
What gives you your fire in your belly?
What are your deepest values?
Is there something you always dreamed of doing ?
Are you giving time to what you value? Does that need to change?

Role

How does your role define you now? Does it limit and bind you or enable and release you?
How do you see it defining you in the future?
How will you use your time?
Do you plan to work or volunteer?
Do you plan to be a carer for family, grandchildren or your partner?
What impact will this have on your loved one, those you care about

Context

How does your context inhibit or release you? Think about now and what you would like to change or keep?
What do you default to?
Where you choose to live?
What type of community?
Church?

Your life is shaped by the end you live for. You are made in the image of what you desire

(Thomas Merton)

*Created by Sally Bubbers, Hilary Ison and Helen Averill based on material presented by Michael Paterson at APSE conference 2019 and Between a Rock and a hard Place, by Michael Paterson printed by Amazon

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