

THE RISE BLUEPRINT:

5 Steps to Reclaiming Purpose & Identity in Retirement

✦ **Rediscover**
who you are.

✦ **Reignite**
what matters most.

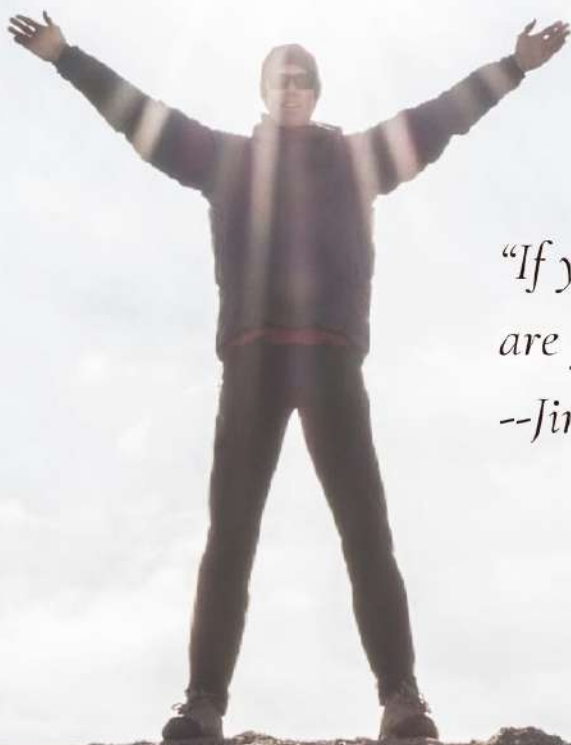
✦ **Redesign**
the life you deserve.





Retirement is not the end of the road—it's the beginning of a new journey. But what happens when the structure, identity, and purpose that once defined you are no longer there?

The RISE Blueprint offers a clear, empowering path to rediscover your identity, reclaim your energy, and design a life that aligns with your deepest values. Whether you're newly retired or just beginning to plan, these five steps will help you move forward with purpose and renewed confidence.



"If you don't design your own life plan, chances are you'll fall into someone else's plan."

--Jim Rohn

The RISE Blueprint



Introduction

The RISE Blueprint was born out of a deep recognition: that retirement isn't just about stepping away from work—it's about stepping into who you are now and who you want to become.

What you'll find inside:

- 5 empowering steps to guide your personal reinvention
- Reflection prompts to deepen self-awareness
- Practical ideas to move from intention to action
- Tools to help you reconnect with what gives life meaning

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The 5 RISE Steps

1. Reflect – *Reconnect with what matters most.*

Pause to examine your values, passions, and past identities. What have you left behind? What's calling you forward?

2. Imagine – *Visualize your next chapter.*

Begin to dream again. Map out what a fulfilling life in this new season could look like—from daily joys to big aspirations.

3. Structure – *Create a flexible framework for your time and energy.*

Purpose doesn't happen by accident. Design routines, roles, and rhythms that bring meaning and clarity to your days.

4. Engage – *Reconnect with others and the world around you.*

Build or rebuild your community. Explore new interests, service roles, or ways to contribute your wisdom and experience.

5. Empower – *Embrace your identity and take aligned action.*

You're not "retiring from"—you're rising into. Own your voice, advocate for your values, and move forward with purpose.



The RISE Blueprint



Step 1 – Reflect

Reconnect with What Matters Most

This phase is about pausing to look inward. Who were you before roles defined you?

What lights you up?

Prompt:

What passions, values, or interests have you sidelined? What parts of you are asking to be seen again?

Mini Exercise:

List 3 moments in your life that felt deeply fulfilling. What themes or values show up?



Step 2 – Imagine

Visualize Your Next Chapter

This is your opportunity to dream again—without limitations.

Prompt:

If you could design your ideal week in this new phase of life, what would it include?

Mini Exercise:

Sketch a vision board or create a mind map of ideas, dreams, and curiosities.



Step 3 – Structure

Design the Framework for a Purposeful Life

Structure gives your days shape and significance—without the rigidity of a full-time schedule.

Prompt:

What routines or rituals would support your well-being and purpose?

Mini Exercise:

Design a “Purposeful Week” template using blocks of time for movement, learning, giving, and connecting.



Step 4 – Engage

Reignite Your Social Spark & Sense of Contribution

Community and contribution matter. Now is the time to plug back in—with intention.

Prompt:

Where in your life do you feel most connected? Where would you like to give or grow?

Mini Exercise:

List 5 people, causes, or groups you'd like to reconnect with or explore.



Step 5 – Empower

Step Forward with Confidence and Identity

You are not retiring from life—you're rising into the next version of yourself.

Prompt:

What will your life stand for now? What are 3 statements that describe your evolving identity?

Mini Exercise:

Write a personal mission statement or mantra for this next chapter.

The RISE Reflection Worksheet

Use this worksheet to explore your values, envision your future, and design a fulfilling retirement life.

REFLECT: What are 3 passions or interests you've set aside?

IMAGINE: Describe your ideal day or week in retirement.

STRUCTURE: What routines support your goals and wellness?

ENGAGE: Who or what do you want to reconnect with?

EMPOWER: Write a personal mantra for your next chapter.

Conclusion and Next Steps

You've taken the first steps. Now, keep going.
Want more guidance?



Explore coaching, workshops, and
courses that help you redefine
retirement on your terms.



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www.successfullifetransitions.com

Schedule a complimentary 30
minute session with Christine @
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