Find Your Next Chapter

A passion and purpose map for retirement and beyond

A large-print guide for adults 55+

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Start Here

Retirement, an empty nest or a career change opens up a lot of time, and a surprising question: what now? The answer is rarely found by thinking harder. It is usually found by noticing what already pulls at you.

This guide helps you map the topics, activities and causes that you return to again and again. These are your “obsessions” in the best sense: the things you never get tired of. Once you can see them, planning your next chapter becomes much easier.

How to use this guide

- Work through the three maps with a pencil.
- Don’t edit yourself. Write the first honest answer.
- Look for patterns, not perfect answers.

The Three Kinds of Pull

1. The Never-Ending Problem

Some puzzles you could think about forever: how to grow better tomatoes, how to trace a family tree, how to fix an old engine, how to understand a chapter of history. They are problems you enjoy chewing on.

2. The Person I Want to Become

Some interests are about identity. You want to be the person who writes, plays, travels, mentors, gardens or leads. You are drawn to people who are already that.

3. The People and Things I Protect

Some pulls come from care: your grandchildren, your community, a cause, your home, your health, your neighbors. This protective instinct can be a powerful source of purpose.

Map 1: Questions

Answer quickly. Short answers are fine.

What could I talk about for an hour without noticing the time?

What do I look up, read or watch again and again?

What problems do friends ask me for help with?

What did I love doing at age 12? At age 30?

Map 2: Purchases and Time

What we spend money and time on is honest. Look at the last year.

What have I bought, borrowed or signed up for that I really used?

What do I spend my free hours on without being told to?

What have I wanted to try but kept putting off?

Map 3: Emotions

Notice how different activities make you feel.

I feel…	When I am…
Energized and curious	…
Calm and content	…
Proud	…
Connected to others	…
Lost in time	…
Restless or bored	…

Find Your Patterns

Look back at your three maps. Circle the ideas that appear more than once. Then sort them.

Never-Ending Problems	Who I Want to Become	What I Protect

My top three “never get tired of it” themes:

Turn Pulls Into Plans

A theme is not a plan until you try it. The goal is small experiments, not a big life overhaul.

If my theme is…	A small experiment could be…
Learning	Take a free class, join a discussion group, or visit the library
Making or fixing things	Join a workshop, repair café or craft group
Helping people	Volunteer a couple of hours a month
Teaching or sharing	Mentor someone or write down family stories
Outdoors	Join a walking, birding or gardening group
Connecting	Start a monthly lunch or book club

My first small experiment and when I will try it:

Traps to avoid

- **Waiting to feel ready.** You learn by trying, not by planning.
- **Choosing only what others approve of.** This is your chapter.
- **Doing everything.** Pick one or two themes for the next three months.
- **Quitting after one try.** Give an experiment at least a few sessions before you decide.

Your 90-day starting point

Theme I will explore:

Experiment 1 (this month):

Experiment 2 (next month):

Who I will invite to join me:

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