

Boomer Reinvention® Worksheet #1

REFRAMING CHECKLIST

Date:

| Comfort Zone | Status Quo | Reframe/Next Steps |
|----------------------------|------------|--------------------|
| My Job (current or former) | | |
| My Education/Training | | |
| My Talents | | |
| My Skills | | |
| My Dreams | | |
| My Routine | | |
| My Income | | |