

# HOW TO FIND YOUR PURPOSE IN RETIREMENT

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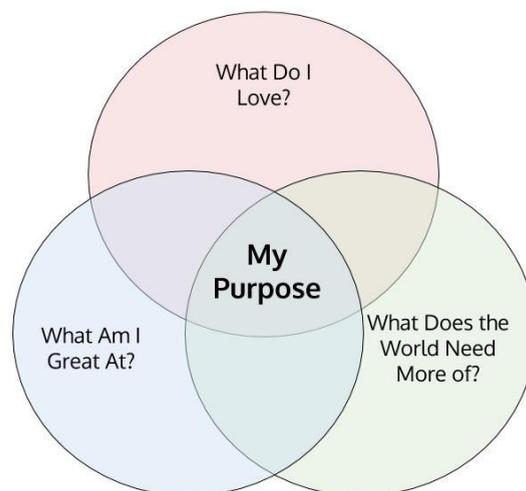
# 3 QUESTIONS TO LIVE A PURPOSE-DRIVEN RETIREMENT

I commend you for taking the effort to clarify your purpose in retirement.

Whether you're retired or thinking about doing so, this cheatsheet can help clarify your unique gifts and how you can use them to live a life of passion, purpose and significance.

In order to live a purpose-driven retirement, we need to find the common theme to these 3 questions...

1. What do I love?
2. What am I great at?
3. What does the world need more of?



On the following pages, you'll discover the answer to these questions

*If you can't figure out your purpose,  
figure out your passion.  
For your passion will lead you right  
to your purpose.*



T.D. Jakes

# #1

## What Do I Love?

**I am most energized by...**

**I am fascinated by...**

**I am at my best when...**

**I get bored when...**

### **What if I'm having difficulty answering this question?**

Try going through these questions from George Kinder. They might help discover what's most important in your life.

Try to answer each one before reading the next one.

- #1 : I want you to imagine that you are financially secure, that you have enough money to take care of your needs, now and in the future. The question is, how would you live your life? What would you do with the money? Would you change anything? Let yourself go. Don't hold back your dreams. Describe a life that is complete, that is richly yours.
- #2 This time, you visit your doctor who tells you that you have five years left to live. The good part is that you won't ever feel sick. The bad news is that you will have no notice of the moment of your death. What will you do in the time you have remaining to live? Will you change your life, and how will you do it?
- #3 This time, your doctor shocks you with the news that you have only one day left to live. Notice what feelings arise as you confront your very real mortality. Ask yourself: What dreams will be left unfulfilled? What do I wish I had finished or had been? What do I wish I had done?

*The unexamined life is not worth living.*



Socrates

# Question #2

## WHAT AM I GREAT AT?

Fulfillment in life can be achieved when we are able to find our unique abilities and use them in the service of others.

Step 1 is to clarify your unique God-given abilities.

### **My top strengths are...**

If you're not sure, take the [strengthsfinder assessment here](#).

Examples

Futuristic strength: I can energize others with my visions of the future

Positivity Strength: I have contagious enthusiasm that can get others excited. I can make their day better.

Connectedness Strength: I can connect with others quickly and connect others together

Another good exercise to look at Harvard's [Howard Gardner's Multiple Intelligences](#) and see which ones describe you.

### **What have others said I'm good at?**

Listen for compliments from others and make sure you write them down.

*Be the change that you wish to see  
in the world.*



Gandhi

# Question #3

**WHAT  
DOES THE  
WORLD  
NEED  
MORE OF?**

As I look at the world, I am most pained by....

My heart breaks when I hear about...

# WHAT'S NEXT?

I hope these questions have helped you. I really do.

If you're more of a verbal processor or you'd like my help guiding you through some of these questions, reply to any email I send your way.

I might not be able to meet in person but I can definitely have a phone call with you.



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