

The Retirement Party Exercise

In this exercise, we want to better understand your values. What motivates you? What matters most to you in life? These things are your 'why'. When we understand our values, we can find ways to tie them to a deeper, more intrinsic, level of motivation. Research shows that connecting values to behaviour change is one of the most effective ways to build lasting change.

Try to imagine that you're reaching retirement, and your friends, family and colleagues are throwing you a retirement party.

You are the topic of conversation for the evening. People are talking about the type of career you've had, how you spent your time, how you managed your personal and professional life. What do you **hope** they would say?

I hope they would say...

Are your current actions moving you towards that future? If not, how could you change your actions?

I would change my actions by:

Alternatively, try a different exercise. Try to imagine that you are already at retirement age. You're sat on the sofa, surrounded by your family, with your children, as well as your young grandchildren. One of your grandchildren comes to you and asks, "what should I do with my life?"

How do you respond? What is your advice?

I would advise my grandchild:

Unsurprisingly, I'm now going to ask you to reflect on your own life. How do your day to day actions compare with the answer you gave your grandchild?

My actions compare in the following way: