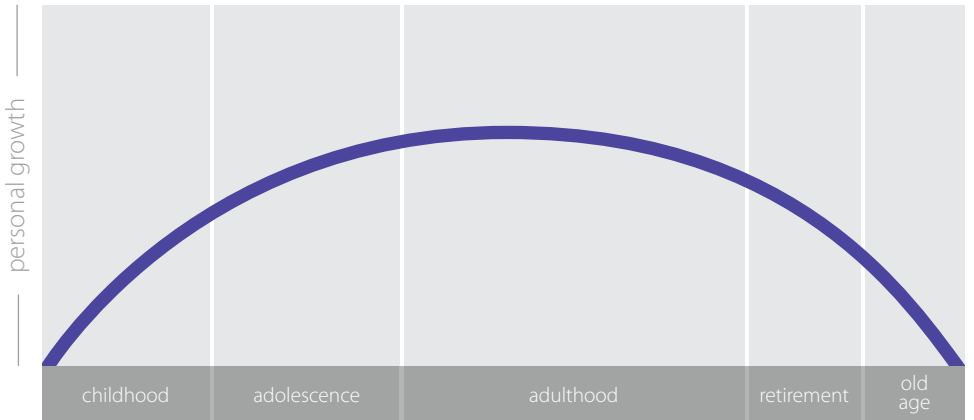


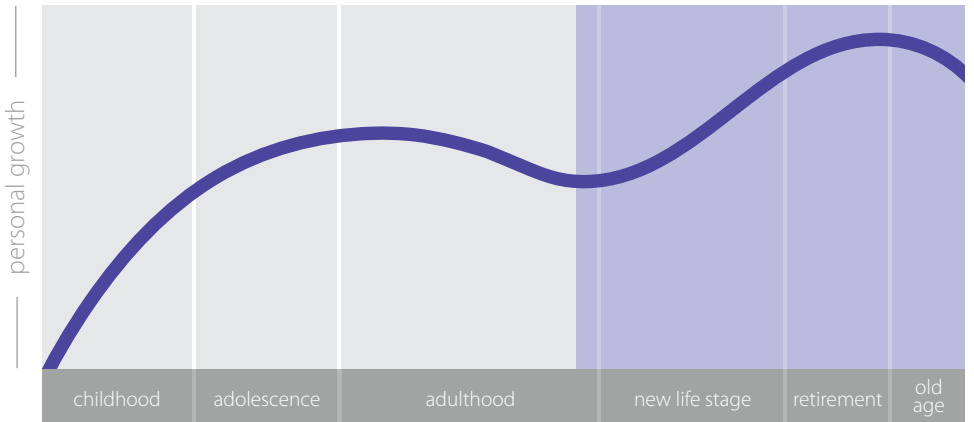


Life Reimagined

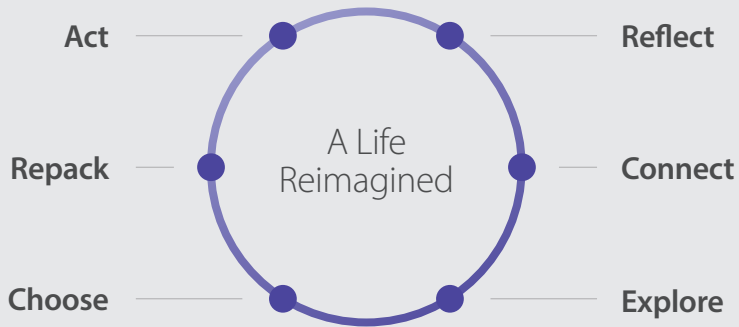
The Old Story



The New Story



What Works?



Reflect: A call to pause before you start the journey and then to pause at various steps along the way, understanding that change and choice occur from the inside out.

Connect: A step where you request feedback and counsel from trusted friends and guides, recognizing that isolation is fatal—no one should make this journey alone.

Explore: A beginning of the journey of discovery, a step of testing different possibilities, both inside and out, in the knowledge that curiosity and courage are essential to finding the way forward.

Choose: A narrowing of options in which you focus on your priorities and do both a deeper dive and a reality check, exploring a smaller number of choices to see which fit your emerging sense of what's right for you.

Repack: A step of deciding what's essential for the road ahead—what to let go of and what to keep, how to lighten your load, both tangible and intangible, for the new way that is opening up.

Act: A first step toward making the possibilities real is the recognition that taking action doesn't drain energy, it releases energy through the optimism that comes with choice, curiosity, and courage.

Adapted with permission from LIFE REIMAGINED: Discovering Your New Life Possibilities By Richard J. Leider & Alan M. Webber, Berrett-Koehler, 2013