

The background of the entire page is a photograph of a sunset or sunrise over a body of water. The sun is a bright, glowing orb in the center of the frame, partially obscured by a thin white vertical line that runs from the top to the middle of the image. The sky is a mix of soft orange, yellow, and blue hues. The water in the foreground is dark blue with numerous small, dark ripples and reflections of the sun's light. A thin white vertical line also runs from the bottom of the image up to the middle, intersecting the first one.

Your Fresh Start Week

A Retiring Boldly Guide

Dr. Karen Marshall

**Create a week that supports the life you want
— in under 60 minutes.**

**A gentle guide to building rhythm,
purpose, and joy in your next chapter.**

Retire Boldly. Live Fully

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WELCOME TO YOUR NEXT CHAPTER

Retirement isn't about filling time. It's about choosing how you want to live.

This short reset is designed to help you step back, breathe, and gently shape a week that reflects what matters most to you — connection, relationships, growth, and wellness.

There are no rules here. No right or wrong answers.

Just space to listen to yourself and create a life that feels intentional, balanced, and meaningful.

Take your time. Be kind to yourself. You're not behind — you're beginning.

RELEASE THE OLD

Release the Week You're Leaving Behind

Before we design something new, let's make space.

Take a moment to reflect on the patterns, habits, or expectations that no longer serve you.

What feels heavy or draining right now?

What feels empty or unsatisfying?

What no longer fits the season of life you're in?

☐ I give myself permission to let go of what no longer supports my well-being, joy, or growth.

THE PILLARS OF A FULFILLING WEEK

What Makes a Week Feel Meaningful?

A purposeful retirement week gently supports the whole person. As you move forward, keep these five pillars in mind.



Rest & Renewal

Time to care for your body and mind through rest, movement, and stillness.

Connection

Moments of presence with others — conversations, laughter, shared experiences.

Relationships

Nurturing the people who matter most, including family, friends, and community.

Joy

Simple pleasures that lift your spirit and make life feel lighter.

Growth

Curiosity, creativity, and learning something new — at your own pace.

You don't need to do everything. You simply need balance.

ENERGY CHECK

Notice Your Energy

A meaningful week honors your energy — not just your obligations.

Activities That Give Me Energy

(Things that leave you feeling calm, engaged, or uplifted)

Activities That Drain My Energy

(Things that leave you feeling tense, tired, or depleted)

Awareness is the first step toward change.

YOUR IDEAL WEEK

Imagine a week that gently supports your physical health, mental well-being, relationships, and personal growth.

If this week reflected the life you want to live, what would it include?

Use the space below to sketch your week — loosely and without pressure.

There are no time slots here, only intention.

Focus on how you want your days to feel.



CREATE A GENTLE DAILY RHYTHM

Rather than schedules, think in rhythms. What supports you best in the:

Morning (How do you like to begin your day?)

Midday (How do you stay engaged, connected, or active?)

Evening (How do you unwind and restore your energy?)

A consistent rhythm can bring calm, clarity, and balance to your days.

GENTLE WEEKLY ANCHORS

Choose Your Weekly Anchors

Anchors are simple, meaningful moments that give your week structure without rigidity.

Choose three to five anchors that support your well-being and relationships.

- ☐ Morning walks or gentle movement
- ☐ Coffee or lunch with a friend
- ☐ Time for learning or creative expression
- ☐ Quiet reflection, prayer, or meditation
- ☐ Family time or community involvement
- ☐ Caring for your physical or mental health

(Create your own)

☐☐

Your anchors help your week feel steady, grounded, and purposeful.

YOUR BOLD COMMITMENT

A Gentle Commitment to Yourself

This week, I choose to honor what matters most to me.

“This week, I choose to honor...”

Let this be a promise rooted in kindness, not pressure.

EXAMPLE IDEAL WEEK

Sample: A Balanced Retirement Week

Monday: Morning walk, reading time, phone call with a friend

Tuesday: Volunteer morning, quiet afternoon, family dinner

Wednesday: Learning class or hobby time, light movement

Thursday: Coffee date, errands at an easy pace

Friday: Creative time, gratitude reflection

Weekend: Rest, connection, joy, and flexibility

Your week may look very different — and that’s exactly the point.

DESIGN YOUR WEEK

From Intention to Action

This is where your reflections become real life.

Using everything you've explored — your energy, your anchors, your values, and your priorities — create a week that feels supportive, balanced, and meaningful.

You don't need to plan every moment.

Focus on what matters most.

As you fill this in, gently consider:

- Where am I nurturing connection and relationships?
- Where am I supporting my physical and mental wellness?
- Where am I allowing space for growth, learning, or curiosity?
- Where am I leaving room for rest and joy?

This is your week.

Let it reflect your life.

MY FRESH START WEEK

Day of the Week

Daily Intentions

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

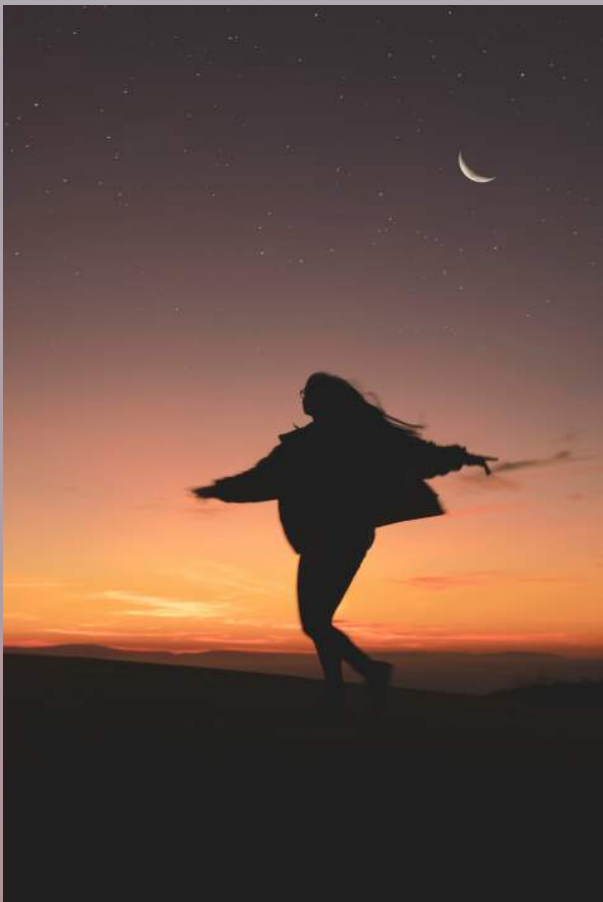
Print this page and place it somewhere visible. Let it guide you – not pressure you.

WHAT COMES NEXT

One intentional week can change how you feel.

Several intentional weeks can change how you live.

Return to this reset whenever your days feel rushed, empty, or out of balance.



Use it to gently realign your time, energy, relationships, and well-being.

Over time, you may begin to notice patterns:

- What truly supports your wellness
- Which connections matter most
- How learning and growth keep you energized
- Where you want more meaning or purpose

That awareness is powerful.

If life shifts – and it will – return to this guide and redesign your week with kindness.

A purposeful retirement isn't created all at once. It's shaped week by week — with kindness, curiosity, and intention.

GOING DEEPER

If this exercise helped you feel more grounded and hopeful, you may be ready to explore your retirement more fully.

The Retiring Boldly Life Design Blueprint builds on this weekly practice and helps you:

- Clarify your values and priorities
- Strengthen connection and relationships
- Support your physical and mental wellness
- Create a retirement that feels meaningful and aligned

There's no rush.

When you're ready, the next step will be waiting.

You're not behind. You're becoming more intentional.

That's what it means to retire boldly.

Your Fresh Start...

"Your Fresh Start Week" is a gentle guide designed to help you craft a retirement that reflects what truly matters to you—connection, growth, and joy. In just 60 minutes, discover how to release the past, design a meaningful week, and create a rhythm that supports your well-being. Embrace this intentional reset to live your next chapter boldly and fully.