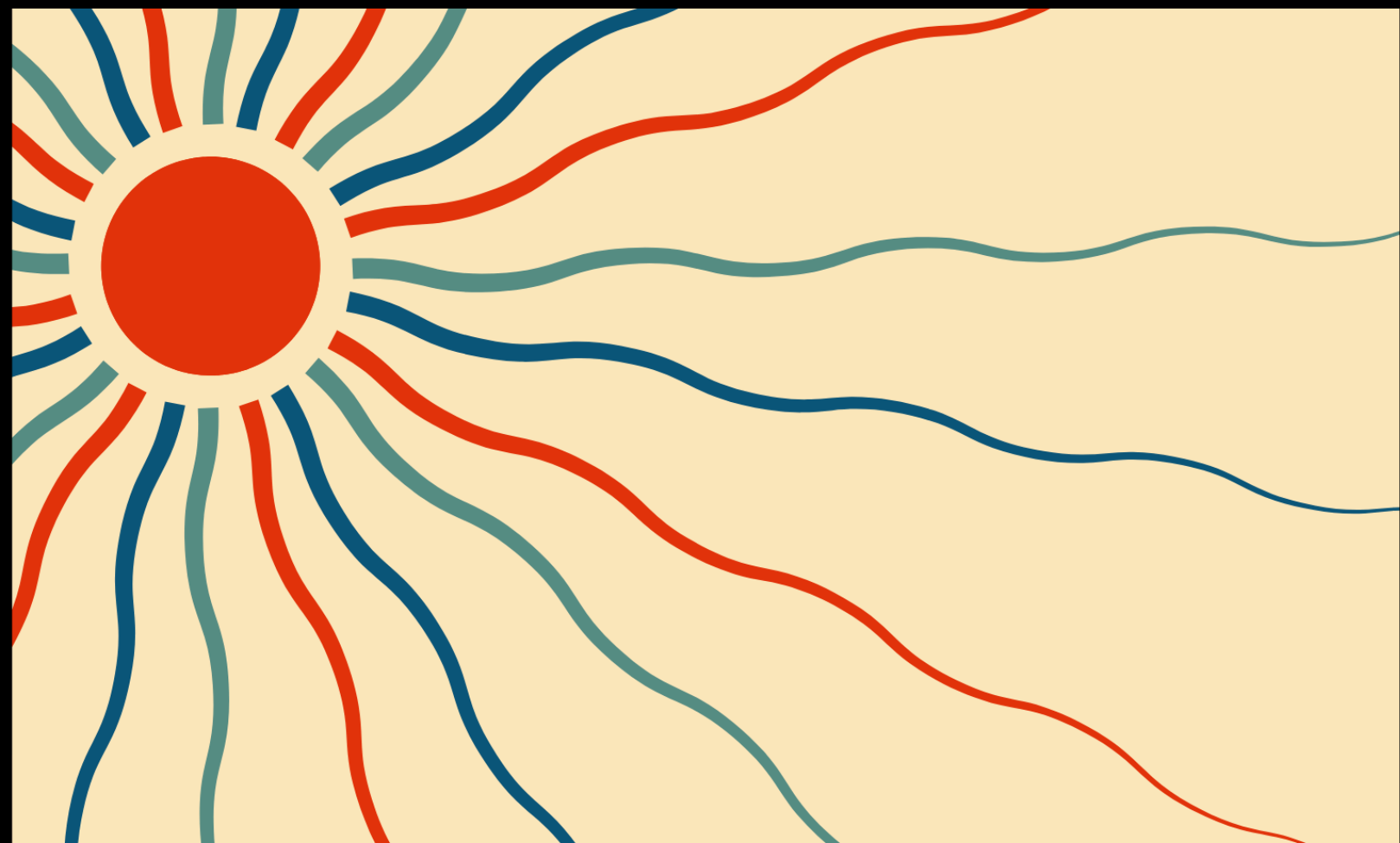


# Not Your Parents' Retirement

*A Fresh Start: Day One* 

## Life After Work Identity Journal

**Rediscover Who You Are Beyond the Job Title**



## Day 1: Letting Go of Labels

How does it feel to let go of your work identity? Exciting? Strange? A bit of both?

 What parts of your identity have been shaped by your career?

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Try introducing yourself with a new identity based on your values or passions.  
Write it here: "I'm someone who \_\_\_\_\_."

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

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