

The background is a vibrant blue gradient, transitioning from a lighter cyan at the top to a deeper blue at the bottom. It is densely populated with numerous small, stylized illustrations of books in various colors (red, green, purple, blue) and orientations (open, closed, horizontal, vertical). Small, semi-transparent dots in shades of red, green, and blue are scattered throughout the background, adding a textured, confetti-like effect.

YOUR NEXT CHAPTER

A large, stylized illustration of an open book is centered at the bottom of the page. The book has a thick red cover and white pages with a subtle texture. The text is printed in a dark blue, sans-serif font on the right-hand page.

Navigate a New
Beginning by
Redefining Your
Purpose

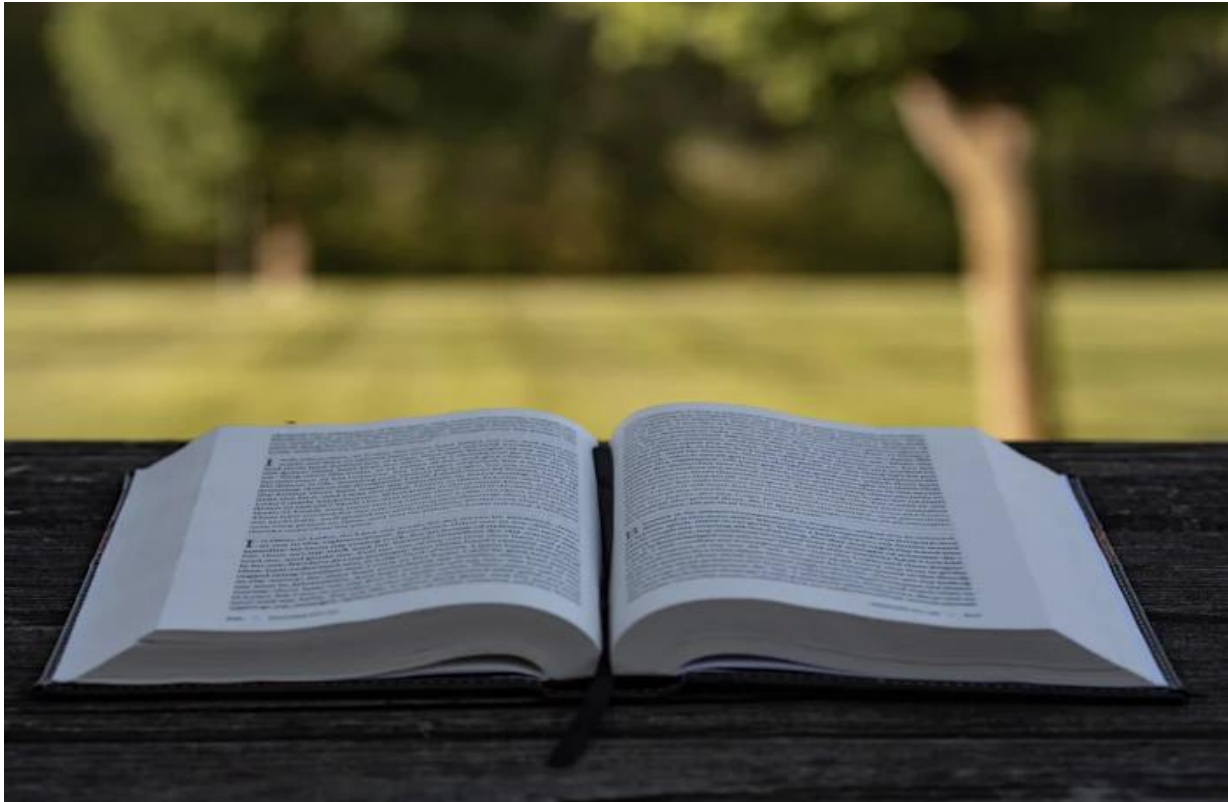


TABLE OF CONTENTS

COURSE INTRODUCTION	3
MODULE ONE: UNDERSTANDING YOUR CURRENT CHAPTER	7
DETERMINING YOUR DISSATISFACTION	7
WHAT YOU DO AND DON'T DO WELL	10
CHANGE: HOW TO PREPARE MENTALLY AND EMOTIONALLY	13
MODULE ONE IMPORTANT TAKEAWAYS	15
MODULE ONE EXERCISES	16
MODULE TWO: REDEFINING YOUR PURPOSE	22
TURNING DISSATISFACTION INTO FULFILLMENT	22
CRAFTING A PERSONAL MISSION STATEMENT	24
ALIGNING YOUR NEW PURPOSE WITH GOALS AND ACTIONS	26
MODULE TWO IMPORTANT TAKEAWAYS	28
MODULE TWO EXERCISES	29
MODULE THREE: NAVIGATING THE TRANSITION	37
TECHNIQUES FOR ADAPTING TO NEW CIRCUMSTANCES	37
MAKING INFORMED AND REFLECTIVE CHOICES	38
STRATEGIES FOR STRENGTHENING RESILIENCE	40
MODULE THREE IMPORTANT TAKEAWAYS	43
MODULE THREE EXERCISES	44
MODULE FOUR: TAKING BOLD ACTION	55
ACTIONABLE STEPS TO INITIATE CHANGE	55
STRATEGIES FOR MAINTAINING MOTIVATION AND ACCOUNTABILITY	57
BUILDING A SUPPORT NETWORK FOR SUSTAINED SUCCESS	58
MODULE FOUR IMPORTANT TAKEAWAYS	61
MODULE FOUR EXERCISES	62
FINAL REMARKS	69



COURSE INTRODUCTION



Bill Gates found college "uninteresting," in his own words. He stated that he had a good experience at Harvard University but was considering leaving because he was afraid he would miss out on the computing revolution.

With this motivation, he dropped out of college after just two years. What would the young man who wasn't quite 20 years old choose for the next chapter of his life? He and his longtime friend, Paul Allen, founded Microsoft in 1975. That was a wise move. In early 2024, Microsoft became only the second company to reach a market cap of \$3 trillion.

You don't need Bill Gates' or Paul Allen's youthful vision to find fulfillment in a new venture.



Anna Mary Robertson Moses, a mother of 10 with no severe painting experience, took up the hobby regularly when she was 78 years of age. Known as Grandma Moses, the American folk artist became an international star with her paintings of rural farm life.

Jeff Bezos started Amazon as an online book-buying destination when he was 30. Bezos was a successful hedge fund vice president when he decided to risk everything he had on a new phenomenon called the Internet.

Cookbook author and chef Julia Child didn't start cooking until her late 30s, and her first book wasn't published until she was 50. She co-founded the American Institute of Wine and Food in 1981 and expanded the global awareness of cooking for the average person.

Vera Wang was an accomplished figure skater, competing in the 1968 US Figure Skating Championships. She turned to fashion when she didn't make the US Olympic skating team. Wang became the youngest editor for Vogue magazine and later worked with icon Ralph Lauren.

She became an independent bridal wear designer at 40 when she couldn't find a wedding dress she liked. In 2020, the fashion icon's global bridal design business was valued at \$270 million.

"Colonel" Harland Sanders, who only attained the rank of Private in the US Army, is known as the face and founder of Kentucky Fried Chicken. He opened his first restaurant at age 50, leaving behind occupations such as insurance salesman, steam engine stoker, and gas station operator.

When he was 69, Sanders began to find success selling franchise rights for his secret chicken recipe. He traveled the United States, often sleeping in his car, aggressively marketing what would become a global billion-dollar fast food company.



What do a college dropout, former hedge fund employee, failed figure skater, and fried chicken king have in common? They each redefined their purpose and passionately pursued their visions. They did this even though the future was uncertain, and some had little experience in the fields they were entering.

Whether you want to move onto a new career, retirement is right around the corner, or seek more personal purpose and fulfillment, starting a rewarding

new stage in your life is possible at any age. That's what this course will help you do.

In **Module 1: Understanding Your Current Chapter**, you examine your life satisfaction level. You will identify strengths, weaknesses, and growth areas and how to prepare emotionally and mentally for making a significant change.

Module 2: Redefining Your Purpose focuses on your values. What are you passionate about? What's important? We'll show you how to create a personal mission statement so you have some guidance for the exciting new chapter you are writing.

In **Module 3: Navigating the Transition**, we share some techniques to help you make informed and intelligent choices for the path ahead. You'll learn to adapt to the circumstances that accompany your change and how to build resilience from the tough times you may face.



Module 4: Taking Bold Action gets you moving, taking actionable steps that pursue your new purpose. We share proven motivation and accountability strategies.

Exercises are included at the end of each module. Take them seriously. They were developed to show you how to implement change in your life and pursue a new reality. If you are ready to begin defining and seeking a new purpose, turn to the first module of your course, and let's get started.