



## **Retirement - or Big Birthday - Party Visioning Exercise**



### BACKGROUND:

- This visioning exercise involves you imagining some point in the future when you're going to retire. If you don't work (or can't imagine retiring) it could also be a "Big" Birthday party, perhaps your 60<sup>th</sup>, 65<sup>th</sup> or 70<sup>th</sup> Birthday.
- This party has been organized to celebrate you and a substantial change you're making in your life. Are you retiring - or maybe you're moving somewhere new? Perhaps you're going travelling or embarking on a new creative career? Only you know!

- However you got here, a big party is being held in your honour. This party is celebrating YOU.

So, take a moment to imagine that you're at a party all about you! Someone has written a speech celebrating you. What would it say? Use the question prompts below to help you write the speech that someone will read ABOUT you in the space below.

1. How old are you? Who is at the party? Where is the party being held?
2. What have you achieved in your family, career, business, community or in the world?
3. What is it about you that the **people at the party truly value**?
4. What would YOU want to be said about you? What would you be disappointed if it was not said?
5. What did you do that was truly amazing? Where did you surprise yourself? Where did you surprise others? What are you MOST proud of? What mistakes did you make, that you can laugh about now?
6. What is the essence of you that you would want to be captured in that retirement or birthday speech?
7. **Optional:** Where are you going next in your life? What are you excited to spend more time doing? How do your friends and family fit into your life going forwards?

**Final Tip:** Don't worry about writing a "good speech" - instead concentrate on what the speaker might say - if it helps, imagine this is a first draft of the speech, just to capture the key points. And remember to write the speech in the 3<sup>rd</sup> person eg. "Sarah/Auntie Sarah has always...":