

# **Retiree Business Blueprint**

## **MODULE 0 WORKBOOK**

Covers Lessons 0.1 & 0.2

## **Lesson 0.1 — Course Orientation**

### **Exercise 1: Choose Your Track & Block Your Hour**

What track are you taking first (Essentials or Mastery)?

What hour of the day will you commit to studying?

List your planned weekly study times:

### **Exercise 2: Set Up Your Workspace**

Where will you consistently study?

What 1–2 items will make your space more inviting or motivating?

List the supplies you're keeping nearby:

### **Journal Prompts**

1. Why are you taking this course now?
2. What does success look like for you in 90 days?
3. Where can you realistically protect an hour each day without guilt?
4. Who can encourage you when motivation slips?

## Lesson 0.2 — Mindset & Preparation for Success

### Exercise 1: The Myth Inventory

Finish these prompts honestly:

- “People my age usually don’t \_\_\_\_.”
- “I’ve always been afraid of \_\_\_\_.”
- “If I try this and it fails, then \_\_\_\_.”
- “My family probably thinks I should just \_\_\_\_.”
- “When I imagine success, I picture \_\_\_\_.”

Label each one: H = Helpful, N = Neutral, U = Unhelpful

### Exercise 2: Write Your Second Act Declaration

Use this starter if helpful: “In this chapter of life, I choose to build \_\_\_\_ so that I can \_\_\_\_.”

### Journal Prompts

1. What belief about age or ability do you now see differently?
2. What does success look like if it’s not tied to money?
3. How will you know when your confidence has grown?
4. What’s a ritual you’ll use to reset when stuck?