

Retiree Business Blueprint

MODULE 1 WORKBOOK

Knowing Yourself — Your Foundation & Decision-Making

Lesson 1.1 – What Really Drives Your Decisions

Exercise 1: Decision Influences Drill

- List 21 influences on your decision-making. Circle your top 7. Star your top 3.

Exercise 2: Decision Replay

- Think of one good and one bad decision. Identify what drove each and what you learned.

Journal Prompts

- Which of my decision drivers shows up in both good and bad decisions?
- How often does fear disguise itself as 'being realistic'?
- Who influences my decisions the most, and how?
- What small change could improve my daily decision-making?

Lesson 1.2 – Mapping Your Default Settings

Exercise 1: Default Settings Map v1

- List 5 items in each category (Attitudes, Beliefs, Motivations, People) and mark each as ■, ■■, or ■■.

Exercise 2: Patterns and Power Sources

- Create an energizers vs drainers table. Write one strategy for each.

Journal Prompts

- Which category is strongest right now, and why?
- Which category needs the most work?
- What's one belief I inherited that no longer fits me?
- Who supports my growth, and how can I involve them more?

Lesson 1.3 – Positives & Negatives Reality Check

Exercise 1: Plus/Minus Tables

- Fill in a Plus/Minus table for each category (Attitudes, Beliefs, Motivations, People).

Exercise 2: Flip the Negative (3-Step Reframe)

- For each category, choose one negative. Reframe it into a usable strength with a behavior attached.

Journal Prompts

- Which negative pattern costs me the most, and why?
- Which positive trait, if amplified, would move me forward?
- What triggers flip my strengths into stress?
- How will I know my new reframes are working?

Lesson 1.4 – Rewrite Your Defaults & Set Guardrails

Exercise 1: Defaults Map v2

- Rewrite each item from your original Default Map. Star all changes. Say them aloud daily.

Exercise 2: Guardrail Creation

- Write 3 guardrails: one for time, one for energy, one for money. Keep them visible.

Journal Prompts

- Which rewrite feels most liberating, and why?
- Which guardrail will be hardest to honor?
- How will I reinforce these new boundaries each week?
- What changes do I expect to notice within 30 days?

Lesson 1.5 – Fit Check & Decision Gate

Exercise 1: Traffic Light Fit Check

- Rate yourself Green, Yellow, or Red across seven readiness categories. Add short notes.

Exercise 2: Personal Fit Statement

- Complete: 'My current default patterns support my business because...'

Journal Prompts

- What Fit color did I land on, and what's my next step?
- What support do I need over the next 30 days?
- What fear still shows up, and how will I manage it?
- How will I celebrate progress—not perfection?