

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?