

## Finding Self After 60

# Day 7 — My Next Chapter

Put it together and commit.

### ***Why this helps***

Writing a short personal statement with next-step commitments turns ideas into identity. Seeing it on paper builds pride and keeps you on track.

### ***How to do it***

Draft a 4-line 'identity statement' using your values, strengths, roles, and routines. Add two commitments for the next 30 days.

### ***Example***

"I am a learner and helper. I use storytelling and kindness to build community. I lead a small reading circle and walk daily. For the next 30 days I'll host two chai chats and read 3 books."

### ***Activity — Identity Statement***

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Line 1 — Values

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Line 2 — Strengths

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Line 3 — Roles

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Line 4 — Routines

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Commitment #1 (next 30 days)

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Commitment #2 (next 30 days)

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