

## Finding Self After 60

# Day 1 — Clarify What Matters

Values first, actions next.

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

Identity after 60 grows from lived values, not old job titles. Naming your top values gives a compass for daily decisions and protects you from chasing activities that don't truly fit. When choices match values, mood and confidence improve.

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

Read a short list of values (e.g., family, faith, learning, service, health, creativity). Pick your top 3. For each, write one small action you can do this week that shows this value in real life.

### ***Example***

Value: Learning → Action: watch a 20-minute Urdu lecture on history. Value: Health → Action: 15-minute evening walk. Value: Service → Call a neighbor to check in.

### ***Activity — Values → Actions***

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Top Value #1 + 1 small action

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Top Value #2 + 1 small action

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Top Value #3 + 1 small action

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One value I've ignored (and how to restart)

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