

## Finding Self After 60

# Day 3 — Life Peaks & Pivots

Your story has clues.

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

Looking back highlights patterns: what energized you, what drained you. Seeing themes (helping, making, leading, learning) points to identity threads to carry forward.

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

Draw a simple timeline from childhood to now. Mark 3–5 high points and 3–5 hard points. For each high point, note what strengths and values were active.

### ***Example***

Peak: starting the neighborhood reading circle—used leadership, kindness, learning. Pivot: retirement—lost routine; need new role that uses mentoring.

### ***Activity — Mini Timeline***

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High Point #1 → what was I doing / with whom?

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High Point #2 → strengths/values present

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Hard Point #1 → what changed?

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Theme I see across peaks

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One thread to carry forward

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