

Activity: Taking Stock – Before we get started: Repurposement Compass Activity

Instructions: This activity is designed to help you intentionally assess, clarify, and plan for life in your repurposement.

Complete the steps in order. Do not rush. The value of this exercise comes from honest reflection, not speed. The document is yours and for your eyes only.

Baseline Assessment

Complete this assessment from the perspective of **AFTER YOUR JOB** or Career ends.

If you are not yet out of work, between jobs, or retired, project yourself into the first full week immediately following your work stoppage—whenever that may be. If you do not yet know, imagine it happened abruptly, and within a month.

The assessment includes 10 categories, each with 5 questions (50 total). Each question is scored from 1 to 5, where:

- 1 = Low agreement / Not true for me
- 5 = High agreement / Very true for me

After scoring, note the categories with your lowest overall scores. Consider plotting your scores for each category to give you a visual indication of where you might want to focus. Look at the assessment again and note any individual scores that are 1 or 2 as options for focus.

Repurposement Compass

Post Career Life Assessment

Name: _____ Date Completed: _____

This assessment is not about having the answers. It's about noticing where you are - honestly and without judgment. Rate each statement using the scale below:

1 = Strongly Disagree | 5 = Strongly Agree

Sense of Purpose

Statement	Score (1-5)
I have taken time to reflect on what gives my life meaning now.	
I have a clear sense of my purpose in this chapter of life.	
My purpose feels personally fulfilling.	
My purpose aligns with my core values.	
The people who matter most support the life I'm building.	
Category Total	

Sense of Self

Statement	Score (1-5)
I am aware of who I am beyond my career or roles.	
I understand who I am when no one needs anything from me.	
I know which parts of myself were hidden behind work.	
I feel grounded in my identity.	
I am comfortable with who I am becoming.	
Category Total	

Motivation

Statement	Score (1–5)
I have a sense of purpose beyond routine or obligation.	
I know what gives my life direction without work.	
I feel motivated by what I'm moving toward (not just what I've left behind).	
I can name what matters most in this season.	
I take action because it's meaningful to me, not because I "should."	
Category Total	

Leadership & Influence

Statement	Score (1–5)
I understand how I influence others without a title.	
Leadership & Influence	
I contribute wisdom, perspective, or example when it feels aligned.	
I know what kind of legacy I want to live (not just leave).	
I use my strengths in ways that feel natural and energizing.	
I feel comfortable offering guidance or support when invited.	
Category Total	

Fulfillment & Joy

Statement	Score (1–5)
I experience joy beyond productivity.	
I feel fully alive regularly.	
I make room for fun, play, or lightness.	
I notice and appreciate everyday moments.	
I choose activities that genuinely fulfill me.	
Category Total	

Freedom

Statement	Score (1–5)
I am letting go of expectations that no longer serve me.	
I make choices based on values, not comparison.	
I feel free to change my mind as I learn what fits.	
I allow myself to say no without guilt.	
I trust myself to design a life that feels true.	
Category Total	

Connections

Statement	Score (1–5)
I have meaningful relationships in my life.	
People would notice if I withdrew or disappeared.	
I feel genuinely known by at least a few people.	
I invest time and attention in the relationships that matter.	
I feel a sense of belonging somewhere.	
Category Total	

Strength & Energy

Statement	Score (1–5)
I feel resilient for this next season of life.	
I know what renews my energy.	
I have a rhythm that supports my well-being.	
I am realistic about my limits and plan accordingly.	
I recover well after stress or setbacks.	
Category Total	

Physical Care

Statement	Score (1–5)
I eat in a way that supports my health most of the time.	
I avoid habits or substances that harm my well-being.	
I stay physically active in ways that fit my body and life.	
I get adequate rest and sleep.	
I keep up with health care appointments and preventive care.	
Category Total	

Spiritual & Social Health

Statement	Score (1–5)
I regularly engage in a spiritual practice (reflection, meditation, prayer, etc.).	
I regularly participate in a community that supports me (faith, yoga, art, book club, etc.).	
I have a social circle that supports me.	
I pay attention to my mental health and seek help when needed.	
I feel connected to something larger than myself.	
Category Total	