

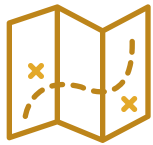
The Exploration Navigator

The Journey of the Explorer

Americans reaching age 65 today have a good chance of living for 30 or more years. No human generation in history has lived this long in “retirement,” so there is no blueprint to successfully navigate this stage.

Aging presents challenges, but it also presents amazing opportunities to explore your freedom. It is critical to anticipate and prepare for challenges that may arise in order to maximize your happiness.

The “Exploration Navigator” is a unique process designed to help you to customize a plan to effectively navigate the challenges and opportunities you’ll face as you age.



Step 1: Study the Map

Just like any good explorer, you must begin by familiarizing yourself with the territory and what lies ahead, so you can prepare for a successful journey. To achieve this, we will help you learn more about the four phases of life that take place after 65 to better understand the risks, challenges, and opportunities ahead:

- Read Erik Strid’s book, *Exploring: Replacing An Outdated Paradigm For The “Retirement Years,” And Exploring a New Phase of Life*
- Complete a series of educational workshops, webinars, and discussion sessions



Step 2: Set the Destination

Most of us have no idea what we’ll do with 20 or 30 years of free time. You must begin with a clear picture of what success and happiness looks like for you by “writing your story”:

- Read Dan Sullivan’s book, *My Plan for Living to 156*
- Complete “The Lifetime Extender” exercise
- Write Your Own Story



Step 3: Chart the Rough Territory

Unfortunately, most people are emotionally and psychologically unprepared for changes that occur as we age. You need to understand the key challenges you are facing now, and those you may face in the future, to prepare for them before it’s too late. You must assess your own fears and potential areas of risk:

- Complete the self-assessment, “What Keeps You Up At Night?”
- This assessment will be taken separately by spouses and, if appropriate, grown children



Step 4: Brief the Team

Aging alone is not a viable option. You need a support team. Now it is time to build that team and ensure that everyone understands the plan and the obstacles to overcome. We’ll guide you through critical family conversations:

- Attend “The Same Page Meeting” with both spouses (and grown children, if appropriate) to discuss the results of the assessment



Step 5: Gather Your Gear

With a team in place, now is the time to gather the key tools, resources, and provisions you will need to make a successful journey:

- Develop your customized resource kit
- Review recommendations for success



Step 6: Explore!

You have prepared your trip, and you have the right resources to support the journey. Now it's time to explore the freedom that this exciting stage of life affords:

- Reference your tool kit and reach out to the Cententus team for help
- Repeat the self-assessment process regularly and update your resource kit as you grow older and your needs change

Take the free self-assessment exercise at: <https://concentuswealth.com/exploringsurvey/>
For more information and to start your journey, please call 610-994-9192.