

WHO AM I NOW Exercise

COVID-19, the impact on the economy, and global social unrest have caused us all to sit back and reassess what is important in life to us. It has also given us the time to reflect. It may have changed our attitudes towards health or relationships or spending or our careers. It is a time when we individually, as well as collectively, ask **“Who am I now?”** or **“What do I want to do next?”** It is a wonderful time to reinvent who we are and what we want to be. Here are a few questions to help you get started on the process of reinvention.

- What have I learned about myself during this time of staying home?
- What did I enjoy?
- What did I dislike?
- How did it change my relationship with my spouse/partner?
- How did it change the relationship with my kids?
- How did my spending patterns change? Did I like that or not? Why?

- What healthy (or unhealthy) patterns did I develop and do I want to continue or change them?
- How do I feel about where I am living...from my house/apartment to the city or town I live in?
- How did my work environment change? If working from home, what was good about it and what did I not like?
- Given what you have been through, what do you want in your future? Where would you live? Who would you be with? What would you be doing as a career? In your free time? How does this impact your retirement planning?