

The Blank-Calendar Worksheet

*For anyone who ever wondered when they decided they were "too old."
Draw the week you actually want — then go live it.*

Retirement hands us a blank calendar, and nobody warns us how loud a blank page can be. This worksheet is simple: three honest questions, then one week drawn on purpose. Not a schedule to obey — a sketch to try.

1 · Last week, what gave you energy?

2 · What drained you — or simply filled space?

3 · One thing you've been "meaning to try" — write it, however small:

Now sketch your week. Put the energy-givers in first. Give the "meaning to try" thing a real day and hour — things without a time rarely happen. Leave empty squares on purpose: rest is an entry too.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

*This worksheet pairs with the letter When Did I Decide I Was Too Old? at
behappyretired.com. One gentle letter a week, free. — Farook*