



Silver Reset
Women Redefining
Retirement

The **Silver Reset** **Roadmap**

**Five steps to creating
a meaningful next chapter
beyond a long career**



Reflect, refocus and take
confident steps towards
the life you want next.

Welcome!



If your relationship with a long career is changing - or has already changed - you may find yourself with more choice about how you want life to look from here. Perhaps you've retired or are beginning to think about it. Perhaps redundancy brought change sooner than expected. You may be looking for another role, choosing to work differently or simply wondering what you want from this stage of life.

What's inside:

The Silver Reset Roadmap gives you space to pause and take stock across five areas of life - identity, finances, purpose and projects, community and connection and style and visibility.

You'll find questions and practical prompts to help you notice what has changed, what still matters and what you might want to explore or do next.

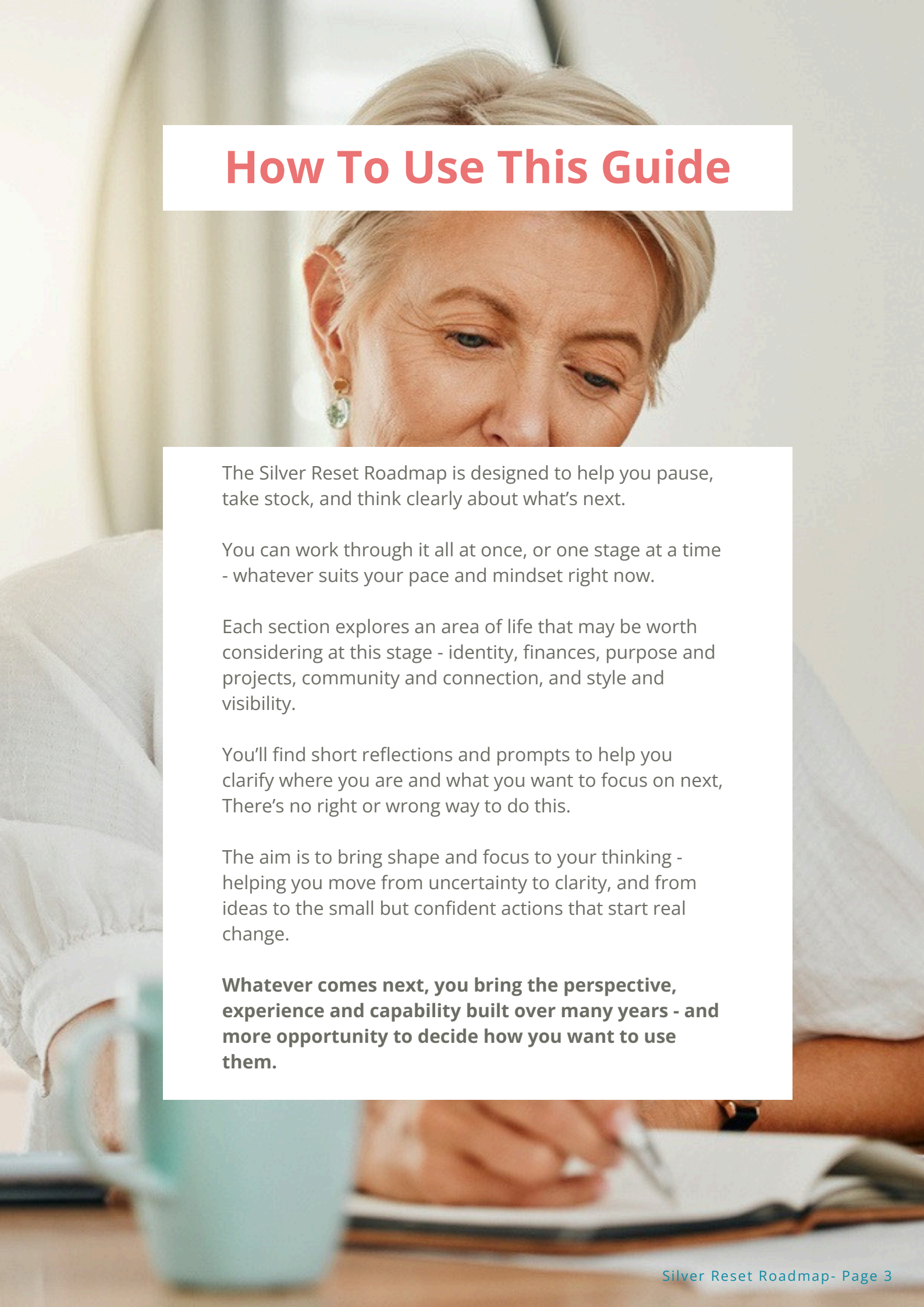
This guide is for you if:

- A long career has been an important part of your life - and your relationship with it is changing.
- You're curious about what you want from the years ahead, whether or not you already have some ideas.
- You'd value a little space and structure to consider the possibilities and decide what deserves your attention now.

This is simply a place to begin

Viv Mowatt
Founder, Silver Reset

"It's not time to retire - it's time to reset"



How To Use This Guide

The Silver Reset Roadmap is designed to help you pause, take stock, and think clearly about what's next.

You can work through it all at once, or one stage at a time - whatever suits your pace and mindset right now.

Each section explores an area of life that may be worth considering at this stage - identity, finances, purpose and projects, community and connection, and style and visibility.

You'll find short reflections and prompts to help you clarify where you are and what you want to focus on next, There's no right or wrong way to do this.

The aim is to bring shape and focus to your thinking - helping you move from uncertainty to clarity, and from ideas to the small but confident actions that start real change.

Whatever comes next, you bring the perspective, experience and capability built over many years - and more opportunity to decide how you want to use them.

1. Identity Reset



Who are you when the job title or professional role does less of the describing?

A long career can become woven into how we think about ourselves. It tells other people something about us - and gives us a familiar answer to that everyday question, "So, what do you do?"

When your relationship with work changes, there can be an opportunity to look beyond the title and consider what else has always been there - your interests, values, strengths, experience, curiosity and the parts of yourself that may have had less room while work occupied more of your life,

Reflect:

- What parts of my work or life have always energised me - separate from the title or responsibility?
- What do people naturally come to me for, even now?
- When do I feel most like myself?

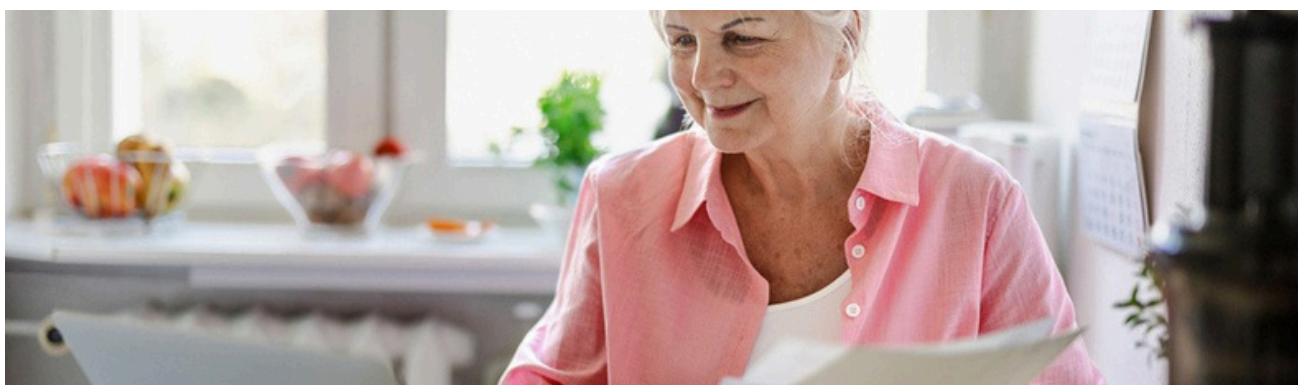
Prompt:

As I think about what comes next, what would I like to make more room for in my life?

Your Notes:

(insert text below and don't forget to save your changes!)

2. Financial Confidence



What does financial confidence look like when your relationship with work and income changes?

After years of earning, saving and making financial decisions around a working life, a change in career can bring a different set of choices.

You may be moving from a salary to pension or savings, continuing to earn, considering different ways of working or deciding how much income you want or need alongside other priorities.

Financial confidence at this stage isn't simply about how much money you have. It can also be about understanding your position, knowing what choices are available to you and feeling able to make informed decisions about how you want to use your money, time and resources.

You don't need to have all the answers yourself. Sometimes confidence comes from getting better information or appropriate professional advice, sometimes it begins by becoming clearer about what matters to you.

Reflect:

- What would help me feel confident about my financial choices over the next few years?
- How important is earning to me now - financially, personally or both?
- Where would better information, professional advice or one practical step give me greater clarity?

Prompt:

What would greater financial confidence allow me to choose?

Your Notes:

(insert text below and don't forget to save your changes)

3. Purpose & Projects



What would you enjoy giving your time, energy or attention to now?

For much working life, there is usually something that needs doing. When work changes, there may be more opportunity to decide what deserves your attention.

That might include paid work, a business or project, learning something new, contributing your experience, pursuing an interest, supporting something you care about - or simply exploring possibilities before deciding.

Purpose doesn't have to mean finding one big new mission, It can grow from things that interest, stimulate or matter to you, and it may change as this stage of life unfolds.

Reflect:

- What would I love to learn, build, contribute or explore?
- What gives me energy or holds my interest?
- Where might I enjoy using my skills - perhaps in a different way?

Prompt:

What am I curious enough about to explore a little further?

Your Notes:

(insert text below and don't forget to save your changes)

4. Community & Connection



Who - and what - do you want around you as life begins to take a different shape?

A long career often brings people into our lives almost automatically - colleagues, professional contacts, shared interests and everyday interaction that comes from being part of something.

When your relationship with work changes, your social world may change too. For some women that will feel significant; for others, existing friendships, family and interests already provide plenty of connection.

Either way, this can be an opportunity to think about the people, communities and conversations you want to be a part of now - and perhaps to make room for some new ones. Connection doesn't have to mean filling the diary or building a whole new social circle. It might mean investing more in relationships you already value, reconnecting with people, meeting others through a shared interest or finding communities where you can enjoy learning, contributing or simply being involved.

Reflect:

- Which people and relationships do I most enjoy having in my life?
- Are there friendships or connections I'd like to give more time to?
- What interests, activities or communities might introduce me to people I'd enjoy knowing?

Prompt:

What kinds of connection would I like more of in my life - and where might I find them?

Your Notes:

(insert text below and don't forget to save your changes)

5. Style & Visibility



How do you want to express yourself and show up in this stage of life?

What we wear and how we present ourselves can be a source of confidence, creativity and enjoyment - and a change in working life can alter the context in which we make those choices.

Perhaps the wardrobe that worked beautifully for your professional life no longer quite fits the life you're living. Perhaps your style hasn't changed at all - or perhaps you simply have more freedom to experiment with what feels right for you now.

Style isn't about looking younger or becoming a different version of yourself. It's an opportunity to consider how you want to express the woman you already are - whether that's through clothes, colour, hair, the spaces you enjoy or simply the confidence with which you show up.

Reflect:

- What do I wear, use or surround myself with that makes me feel most like myself?
- Is there anything about my style or appearance I'd enjoy changing or experimenting with?
- Where in my life would I like to express myself with a little more confidence or freedom?

Prompt:

How would I like the way I present myself to reflect the life I'm living now?

Your Notes:

(insert text below and don't forget to save your changes)

Your Next Step

You've now taken some time to consider five different areas of life - not because each one needs changing, but because each can offer a useful perspective on what you want from this stage.

Some questions may have felt immediately relevant. Others may not matter much to you at all. You may have noticed an idea, possibility or question that you'd like to explore further. Keep your notes and come back to them. What feels unimportant today may become more interesting later - and what matters now may lead you somewhere you hadn't expected.

The aim isn't to create a complete plan for the rest of your life. It's to become clearer about what matters to you now - and what might be worth doing next.

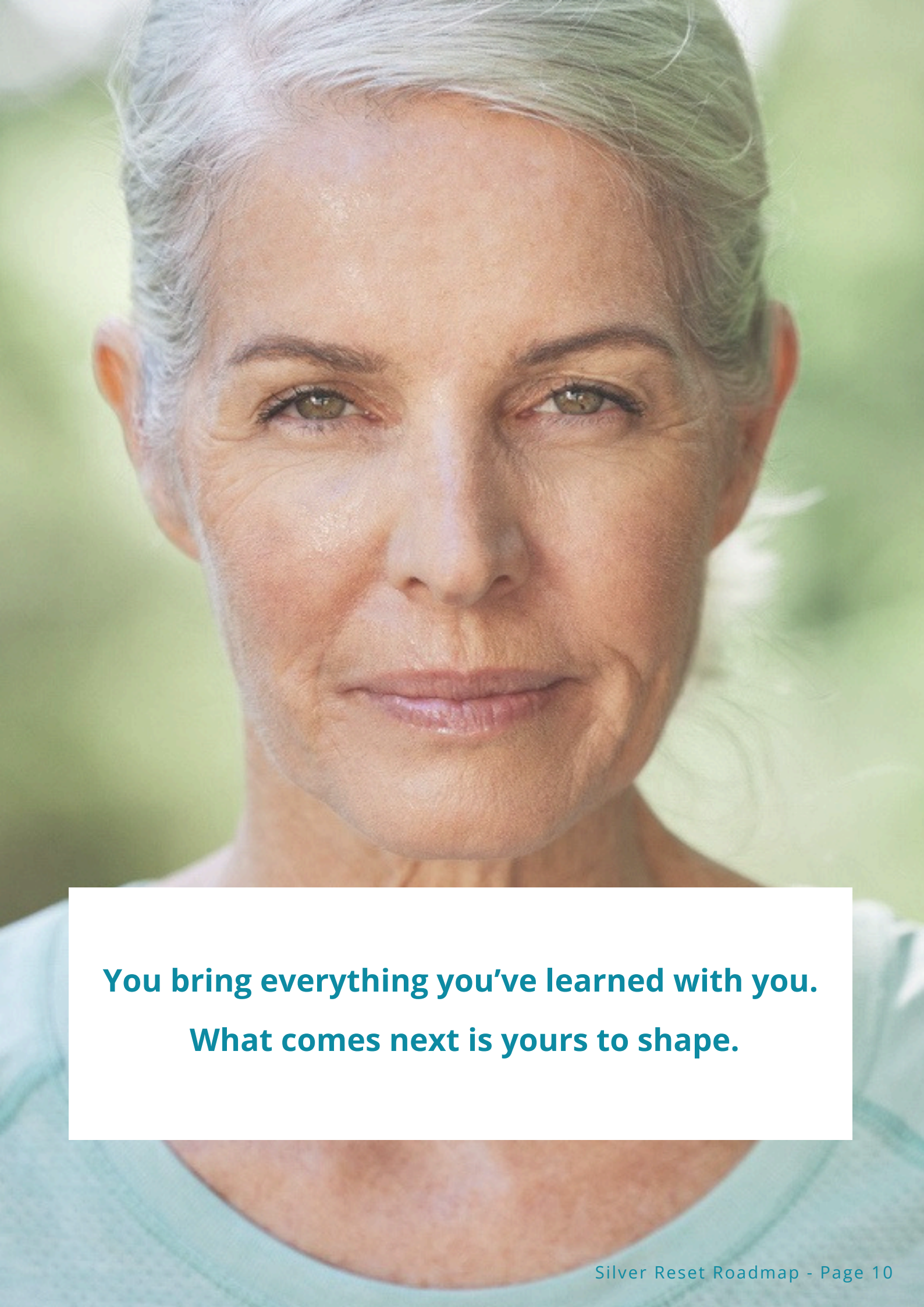
Ready to take the next step?

If you'd like to continue exploring what you want from this phase of life, you can find the latest Silver Reset ways to do that here:

silverreset.com/next-step/

For now, choose one thing from your Roadmap that you'd like to explore, investigate or act on. It doesn't need to be a big step. It simply needs to be one that feels worth taking.





**You bring everything you've learned with you.
What comes next is yours to shape.**