DELANTE SYSTEMS
An ally through family transitions

Empty Nest & Life Purpose

The feeling of sadness, loneliness, or loss following two decades of raising children is understandable, challenging, and common. Parents in their 50's or 60's have far too many years in front of them to consider themselves "retired" and resign themselves to nothing but golf, yoga, and coffee with friends.

Identifying one's life purpose is the first and most important step in developing a strategy of how to approach the next phase of life. Discovering where and how to spend time is much easier and more meaningful through the life purpose lens. Use the following questions as a guide to determine your life's purpose.

Passions & Interests	What activities make you feel most alive and fulfilled?
	If money and time were no object, what would you pursue?
Strengths & Talents	What tasks do you find easy, that others might find challenging?
	What skills/talents do others compliment you on or ask for your help?
Values & Beliefs	What principles guide your decisions and actions?
	What causes or issues do you feel passionate about?
Impact & Contribution	How do you want to make a difference in the world?
	What kind of legacy do you want to leave behind?
Challenges & Growth	What challenges have you overcome, and what did you learn from them?
	How have your experiences shaped who you are today?
Relationship & Community	How do you want to contribute to your community or the lives of others?
	Who are the people that inspire and support you?
Reflection & Self-Discovery	What moments in your life have made you question your path or purpose?
	What are you willing to struggle for or sacrifice to achieve?

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