



*Building an intentional retirement
one month at a time*

Companion Introduction

*Discover what fits.
Try it in real life.
Build a retirement that
feels like yours.*



12 months.

One intentional pathway.

Quitired moves through retirement one month at a time. Each month focuses on a different part of building a life after work — from slowing down and letting go of working-life habits to deciding what you want more of, reconnecting with people and interests, and thinking about how you want to keep growing.

The months are intentionally arranged in an order. You are not expected to figure out retirement all at once. Each month gives you one place to focus, and each month builds on what came before it.

HOW THE PATHWAY WORKS

MONTH

A part of retirement to explore.



WORD

A simple word to remember the focus.



PHASE

The larger stage of the journey.

Start with Month 1.
Move through the months in order.
Let the year unfold from there.

One month at a time.

Each month explores one part of retirement.

One simple word helps you remember the focus.

01	Decompression	“Stop”	Create space to arrive in retirement before rushing to fill it.
02	Recovery From Busy	“Unlearn”	Release working-life rules that equate busyness with value.
03	Health & Energy	“Strengthen”	Protect the physical capacity that lets you enjoy this part of life.
04	Rewired	“Reconsider”	Question identities, routines, and assumptions carried from working life.
05	Purpose	“Choose”	Decide what deserves your time, attention, and energy now.
06	Relationships	“Connect”	Intentionally nurture the people and relationships that matter.

The pathway continues.

The focus widens as the year unfolds.

07	Fun	“Play”	Rediscover enjoyment that does not need to be productive or impressive.
08	Curiosity	“Explore”	Follow interests and questions without needing them to lead anywhere.
09	Contribution	“Contribute”	Put your time, experience, and abilities toward something that matters to you.
10	Adventure	“Adventure”	Step beyond the familiar and discover what you are still capable of experiencing.
11	Impact	“Impact”	Consider what difference you want your choices and presence to make.
12	The Encore	“Encore”	Choose what from this year deserves to continue into the life ahead.

The months build a path.

You do not have to figure out retirement all at once.

The pathway starts inward. First, you make room to arrive, release the pressure to stay busy, strengthen what supports your life, and reconsider what you have carried from working life.

STOP → UNLEARN → STRENGTHEN → RECONSIDER

Then, once there is more space, the year turns toward building: choosing what matters, reconnecting, playing again, and exploring what still interests you.

CHOOSE → CONNECT → PLAY → EXPLORE

Finally, the year widens outward and forward: how you want to contribute, stretch into adventure, make an impact, and carry the right things into what comes next.

CONTRIBUTE → ADVENTURE → IMPACT → ENCORE

Step back and look at the year.

The Phases show how the months work together.

The Phases are not three separate programs. They simply help you see how the focus of the year gradually changes.

01 **TRANSITION** **Months 1 - 4**

Before I build retirement, what do I need to come down from, let go of, strengthen, and rethink?

Stop • Unlearn • Strengthen • Reconsider

02 **BUILD THE LIFE** **Months 5 - 8**

Now that I have created some space, what do I actually want my life to contain?

Choose • Connect • Play • Explore

03 **EXPAND OUTWARD + FORWARD** **Months 9 - 12**

How do I use the life I am building to contribute, keep growing, make a difference, and continue beyond this first year?

Contribute • Adventure • Impact • Encore

The months tell you what we are exploring. The words give each month direction. The Phases show the larger journey.

Discover. Experiment. Decide.

Then carry forward what fits.

DISCOVER	What is true for me right now? Notice before changing anything.
EXPERIMENT	What happens when I try something? Test an idea in real life.
DECIDE	Based on what I learned, what do I want? Turn reflection into an intentional choice.
CARRY FORWARD	What deserves a place in the life I am building? Keep the useful part and bring it with you.

Each month helps you learn a little more about how you want to live.

A year of learning.

Each month builds on the one before it.

Each month you discover something about yourself, test something in your actual life, and make a decision about what fits.

IN MONTH 12

Those decisions come together to help you build your Retirement Compass.

months 1–11



discoveries + experiments + decisions



what you have learned about yourself



your Retirement Compass

The goal isn't to follow somebody else's retirement. It's to understand your own.
