

FREE RESOURCE

The Five Ps™ Overview

A quick guide to the framework for designing a fulfilling retirement beyond the financial plan.

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THE FIVE Ps™

Purpose
Meaning and contribution

People
Relationships and
belonging

Projects
Learning, service, and
goals

Pace
Structure, energy, and rest

Passion
Curiosity, creativity, and
joy

A practical reflection tool for designing a purposeful, connected, and fulfilling retirement.

A Whole-Life Approach to Retirement

The Five Ps™ Framework helps you look at retirement as an interconnected life system. Each P matters on its own, but the real value comes from seeing how they influence one another.

Purpose can lead to Projects. People can expand Passion. Pace determines whether your commitments feel energizing or exhausting. When one area changes, the others often shift too.

Purpose

Meaning, contribution, values, and what matters now.

Reflection
question

Where do I feel useful, engaged, or connected to something larger than myself?

People

Relationships, belonging, community, and companionship.

Reflection
question

Who do I want beside me in this chapter—and where will new connections come from?

Projects

Meaningful work, learning, service, challenges, and goals.

Reflection
question

What could I build, learn, improve, complete, teach, or contribute?

Pace

Structure, flexibility, energy, recovery, and rhythm.

Reflection
question

What balance of activity and rest helps me thrive?

Passion

Curiosity, enjoyment, creativity, adventure, and playfulness.

Reflection
question

What makes me feel alive, absorbed, interested, or eager to begin?

Rate Your Current Retirement Life

Rate each area from 1 to 10 based on how satisfied and intentional it feels today.

Area	Rating	Strength	Opportunity
Purpose	___ / 10	What is working?	What needs attention?
People	___ / 10	What is working?	What needs attention?
Projects	___ / 10	What is working?	What needs attention?
Pace	___ / 10	What is working?	What needs attention?
Passion	___ / 10	What is working?	What needs attention?

Which P would create the greatest positive ripple effect if you strengthened it?

Which two Ps are most closely connected in your current life?

What is one small experiment you can try this month?

Five Small Experiments

Five P	Small Experiment
Purpose	Talk with someone who is contributing in a way that interests you.
People	Invite one person to an activity or reconnect with someone you miss.
Projects	Test one idea for two weeks before making a long commitment.
Pace	Sketch an ideal week that includes structure, freedom, and recovery.
Passion	Try a new or neglected activity three times before judging it.

The experiment I will begin first is:

What I hope to learn—not necessarily accomplish—is:

Remember: Retirement is not a fixed destination. It is a chapter you can continue designing, testing, and refining.

Learn more: Visit accelerantcoach.com/the-five-ps-editable/