
Discover Your Five Ps™ Profile

Design Your Next Chapter™

A 10-Minute Self-Assessment for Creating a More Meaningful Retirement

Welcome

Most people spend decades preparing financially for retirement.

Very few spend time preparing for the life they'll actually be living.

The Five Ps™ Framework helps you evaluate the five areas that contribute to a meaningful and fulfilling retirement:

- **Purpose** – Why do I get up each morning?
- **People** – Who am I sharing life with?
- **Play** – What brings me joy and energy?
- **Projects** – What meaningful pursuits excite me?
- **Pace** – Am I living at a healthy, intentional rhythm?

Complete this assessment honestly. There are no right or wrong answers.

How to Score

Rate each statement from **1–5**

Score	Meaning
1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

PURPOSE

Rate each statement:

- ☐1 ☐2 ☐3 ☐4 ☐5 I wake up with a clear sense of purpose.
- ☐1 ☐2 ☐3 ☐4 ☐5 I know what gives my life meaning beyond work.
- ☐1 ☐2 ☐3 ☐4 ☐5 I regularly contribute in ways that matter to me.
- ☐1 ☐2 ☐3 ☐4 ☐5 I feel excited about my future.
- ☐1 ☐2 ☐3 ☐4 ☐5 My daily activities reflect my values.

Purpose Score: _____ /25

PEOPLE

- ☐1 ☐2 ☐3 ☐4 ☐5 I have strong relationships with family.
- ☐1 ☐2 ☐3 ☐4 ☐5 I have close friends I can rely on.
- ☐1 ☐2 ☐3 ☐4 ☐5 I regularly spend time with people who energize me.
- ☐1 ☐2 ☐3 ☐4 ☐5 I feel connected to my community.
- ☐1 ☐2 ☐3 ☐4 ☐5 I intentionally invest in important relationships.

People Score: _____ /25

PLAY

- ☐1 ☐2 ☐3 ☐4 ☐5 I regularly make time for fun.
- ☐1 ☐2 ☐3 ☐4 ☐5 I pursue hobbies I genuinely enjoy.
- ☐1 ☐2 ☐3 ☐4 ☐5 I continue learning new things.
- ☐1 ☐2 ☐3 ☐4 ☐5 I laugh often.

☐1 ☐2 ☐3 ☐4 ☐5 I give myself permission to simply enjoy life.

Play Score: _____ /25

PROJECTS

☐1 ☐2 ☐3 ☐4 ☐5 I have meaningful goals I'm working toward.

☐1 ☐2 ☐3 ☐4 ☐5 I continue creating or building something important.

☐1 ☐2 ☐3 ☐4 ☐5 I enjoy taking on new challenges.

☐1 ☐2 ☐3 ☐4 ☐5 I have projects that excite me.

☐1 ☐2 ☐3 ☐4 ☐5 I feel productive without needing a career.

Projects Score: _____ /25

PACE

☐1 ☐2 ☐3 ☐4 ☐5 My days feel balanced.

☐1 ☐2 ☐3 ☐4 ☐5 I have enough downtime.

☐1 ☐2 ☐3 ☐4 ☐5 My calendar reflects my priorities.

☐1 ☐2 ☐3 ☐4 ☐5 I manage stress well.

☐1 ☐2 ☐3 ☐4 ☐5 I have created a sustainable lifestyle.

Pace Score: _____ /25

Your Results

Category	Score
Purpose	_____
People	_____
Play	_____
Projects	_____
Pace	_____

What Your Scores Mean

21–25 — Thriving

This is a clear strength in your retirement life.

16–20 — Healthy

You're doing well, with room to become even more intentional.

11–15 — Developing

This area deserves greater attention.

5–10 — Needs Attention

Improving this area could significantly enhance your retirement satisfaction.

Reflection

Which area scored the highest?

Why do you think that is?

Which area scored the lowest?

What is one action you can take in the next 30 days to improve that area?

Your Next Chapter Begins Here

Retirement isn't about slowing down.

It's about becoming intentional.

The Five Ps™ Framework provides a practical roadmap for designing a retirement filled with purpose, meaningful relationships, enjoyment, contribution, and a sustainable pace of life.

Ready to go deeper?

Schedule your complimentary **Discover Your Five Ps™ Coaching Conversation** and begin designing your next chapter with confidence.

Accelerant Coaching
Design Your Next Chapter™

.