

The Inner Work of Retirement HANDOUT

With Dr Connie Zweig



Continuing your shadow-work at home:

- **Who is the shadow character within that stops you from stopping?**
- **Who is your Doer, Driver, or Provider?**
- **How did this shadow figure protect you early in life?**
- **How is it sabotaging your dreams now?**

(For all handouts):

The Promise of the Inner Work of Age

- **a newfound freedom from the constraints of past roles and identities,**
- **an emerging sense of becoming who you were always meant to be,**
- **a profound gratitude for the way that your life unfolded,**
- **a natural generosity that leads us to share our gifts**
- **A shift in identity from role to soul.**

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