

**WEALTH REGENERATION AT RETIREMENT  
PLANNING FOR A LIFETIME OF LEADERSHIP**

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# Chapter 8 Toolkit

We have included examples of the worksheets and tools you will need to implement in this chapter:

- 1. Food for Thought
- 2. Personal History Matrix
- 3. Your Life in Retrospect
- 4. More Great Questions for the Car

## Worksheet 1: Food for Thought

1. Write down something you are proud of:

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2. Write down something you would like a “do over” for:

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3. Write down something that made you sad or frightened:

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