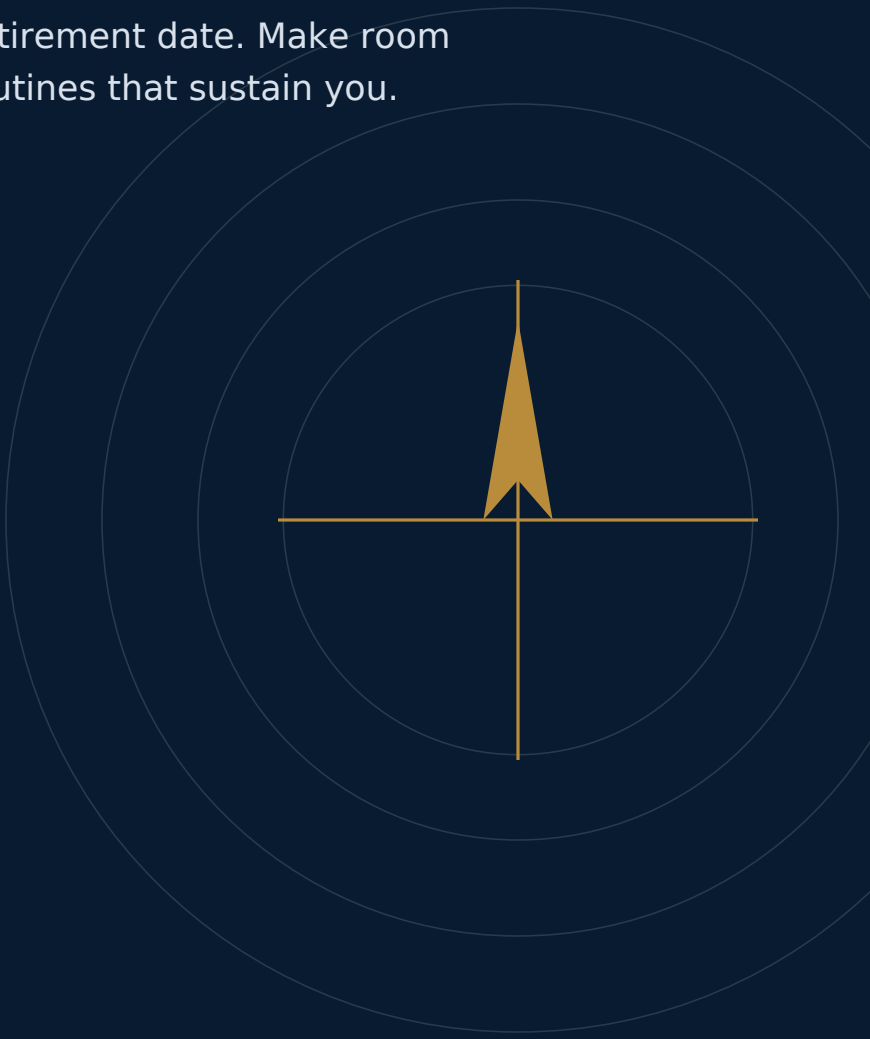
THE ADJUTANT

MILITARY WEALTH · STRATEGY · PURPOSE

BUILD A LIFE WITH PURPOSE

Your Next Chapter Planner

Your next chapter is more than a retirement date. Make room for purpose, connection, and the routines that sustain you.



01 / REFLECT

Decide what deserves your time.

02 / DESIGN

Build a week you want to live.

03 / BEGIN

Test one meaningful change in 30 days.

FREE COMPANION RESOURCE / OCTOBER 2026

asktheadjutant.com

01 / DIRECTION

What are you moving toward?

You do not need a perfect five-year plan. Start with honest answers and one small experiment. These prompts are for reflection, not clinical assessment.

What do I want to carry forward from service or work?

What role or obligation am I ready to release?

When do I feel useful, connected, and fully myself?

What would make an ordinary Tuesday a good day?

02 / WEEKLY RHYTHM

Give freedom a structure

Choose commitments that fit your energy, resources, and relationships. Leave room for rest and unplanned time.

Health & energy

A routine I can realistically maintain:

People & belonging

People I will make time for, and how often:

Purpose & contribution

A way to learn, mentor, create, serve, or work by choice:

Rest & enjoyment

Something I will do simply because I enjoy it:

03 / A 30-DAY EXPERIMENT

Start small. Learn honestly.

Choose one change. Make it specific enough to try, and modest enough to adjust. The goal is useful experience, not a flawless performance.

The change I will test, and why it matters:

My first action and the date I will take it:

Time / cost limit and someone I can check in with:

After 30 days: what worked, what felt wrong, what changes next?

Return to this planner when your circumstances change. Pair it with the Retirement Readiness Workbook and Income & Expenses Worksheet at asktheadjutant.com. Original reflection prompts by The Adjutant. October 2026.