What’s Next for Me?

Six Questions Worth Asking Yourself

When life is changing, and you’re wondering what comes next.

Perhaps you’ve reached a point in life when the things that once filled your days no longer feel quite the same.

Your children may be grown. You may be approaching retirement, thinking about changing careers, or simply wondering what you’d like the coming years to look like.

You may have a wonderful life already, yet still feel that there’s something more you’d like to experience.

These six questions invite you to consider what naturally brings you happiness, fulfilment and meaning — and what that might tell you about the next chapter of your life.

Take your time. There are no right or wrong answers.

Notice what feels meaningful to you, and give yourself space to reflect.

1. What would I love to experience?

When I imagine the years ahead, what experiences make me feel excited about life?

Perhaps you naturally enjoy meeting people, trying new things, exploring new places or simply having something enjoyable to look forward to. Over the years, responsibilities and routines may have taken priority, and you've had less time for the things that bring you happiness. Your next chapter might offer an opportunity to rediscover some of those pleasures — or discover entirely new ones.

Something to notice: What experiences make you feel most alive, and which of them would you love to make more room for?

Thoughts

2. Who do I want to share this chapter with?

As my life changes, what kinds of relationships and connections would I love to have?

Perhaps you've always found happiness in caring for others, being part of a family, nurturing friendships or helping people feel loved and supported. As circumstances change, the ways you've expressed that caring may change too. You might want to deepen existing relationships, make new friends or discover new ways of caring and contributing.

Something to notice: Which relationships bring out the best in you, and how would you like to experience connection in the years ahead?

Thoughts

3. What would I still love to accomplish or contribute?

Is there something meaningful I'd love to do, create or make happen in this next chapter?

Perhaps you naturally enjoy having goals, making things happen, encouraging others or knowing that your efforts have made a difference. If you've spent years working, raising a family or fulfilling responsibilities, you may be wondering where to direct that energy now. Your contribution might be a project, a cause, volunteering, mentoring or something that matters deeply to you.

Something to notice: What gives you a sense of satisfaction and purpose, even when nobody else notices what you've accomplished?

Thoughts

4. What am I curious to learn or understand?

Is there something I've always wanted to explore, study or understand more deeply?

Perhaps you naturally enjoy learning, investigating ideas, solving problems or understanding how things work. There may be subjects you've been curious about for years but never had the opportunity to pursue. Or perhaps you're beginning to discover new interests as your life changes. Your next chapter could be an opportunity to follow your curiosity simply for the pleasure of learning.

Something to notice: What subjects or questions naturally capture your attention, even when there's no practical reason to pursue them?

Thoughts

5. What possibilities haven't I explored yet?

If I gave myself permission to do things my own way, what might I choose?

Perhaps you've always valued independence, following your instincts, exploring possibilities or finding your own way through life. Yet responsibilities, expectations or circumstances may have left little room for those inclinations. As you consider the future, you might be drawn towards greater freedom, a creative pursuit, an unconventional idea or simply a different way of living.

Something to notice: What have you quietly wanted to try, change or explore, but haven't yet given yourself permission to pursue?

Thoughts

6. What would make this next chapter meaningful?

When I look beyond what I might do, what do I want my life to feel like?

Perhaps you've always been drawn towards understanding life more deeply, finding meaning in your experiences or feeling connected to something greater than yourself. As life changes, you may find yourself thinking less about what you want to achieve and more about how you want to live. You might long for peace, reflection, spiritual connection or time for what matters most.

Something to notice: What brings you a deep sense of peace, meaning or belonging, and how might you make more room for it?

Thoughts

What do your answers tell you about you?

As you look back over your answers, you may begin to recognise that the next chapter of your life doesn't have to be defined by your age, your circumstances or what other people expect of you.

Perhaps you're longing for new experiences, deeper relationships, something meaningful to accomplish, something fascinating to learn, greater freedom, or more time to explore what gives your life meaning.

And perhaps several of these possibilities appeal to you. There's no single right way to begin a new chapter. What feels fulfilling to one person may feel entirely different to another.

The important thing is recognising what naturally matters to you.

You don't have to reinvent yourself to begin a new chapter.
You can begin by recognising more of who you already are.

There are reasons you respond the way you do.
SolePath helps you understand them.

Your SolePath is a three-Path braid that helps you understand the patterns shaping your behaviour, choices, relationships and everyday life.

If you already know your SolePath, bring your reflections into your SolePath Companion. If not, you can explore SolePath Discovery or SolePath Measuring when you feel ready.