

My Personal Longevity Plan



An interactive planning guide for the book
“JOIN THE LONGEVITY REVOLUTION
A Guide for Financial Advisors and their Clients”

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This document is a digital version of what you will find in Chapter 9 – Completing Your Personal Longevity Plan. Some content from Chapter 9 has been deleted so that you can print this document without most of the instructions that you will find in Chapter 9. Please read the chapter carefully and then you can effectively complete the action steps digitally in this document and then print a copy of the document as the conclusion of your work.

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Personal Longevity Planning Part I: Planning for Flourishing in the Longevity Revolution

Reflecting on your potential extended lifespan will help you set life-fulfilling goals for the Longevity Revolution.

Step 1: Affirm Your Most Important Accomplishments

List the five accomplishments you are most proud of:

1.

2.

3.

4.

5.

Step 2: Define Your Planning Horizon

Groundwork:

Journal entries for questions #1 and #2 in Chapter 1 Questions and Suggested Activities

Exercise:

Given the coming advances in aging science, if you could be both old *and* healthy, to what age do you want to live?

What year will that be?

Subtract the current calendar year from that future year to determine your longevity planning horizon and record it here:

Step 3: Include Elements of Lifelong and Long-Life Learning

Groundwork:

Chapter 1 section on Education

Exercise:

What goals would you like to establish for yourself to promote lifelong learning?

What goals would you like to establish for yourself to promote long-life learning?

Step 4: Advance Your Life's Passion and Purpose(s)

Groundwork:

Journal entry for question #4 in Chapter 1 Questions and Suggested Activities; Chapter 1 section on Purpose and Passion for Living in the Longevity Revolution

Exercise:

Do you have an overriding singular purpose in life, an ikigai? If so, what is it?

Do you have several purposes that comprise a purpose portfolio? If so, describe your purpose portfolio.

Step 5: Choose a Traditional or Nontraditional Retirement Path

Groundwork:

Journal entries for questions #1 and #2 in Chapter 2 Questions and Suggested Activities

Exercise:

- a. If you prefer a traditional retirement (being done working for income by your mid-60s), have you checked with your financial advisor to see that you have properly planned for the cost of your goals? If not, specify the date by which you will call your advisor to make that appointment:

- b. If you want (or need) to work for income later in life, indicate which of the following options you prefer:
 - Continue full-time work beyond age 65 in my current position
 - Cut back from full-time to part-time work in my current position
 - Take a “bow” and come back for an encore career. Name that career:

 - Create a portfolio of activities that generate income. Describe these activities:

Step 6: Establish Goals that Advance Core Values

Groundwork:

Responses to questions #1–3 in Chapter 3 Questions and Suggested Activities

Exercise:

What are your *prescriptive* core values for longevity?

What are your *descriptive* core values for longevity?

Step 7: Establish Goals that Focus on Healthy Longevity

Groundwork:

Journal entries for questions #1–12 in Chapter 4 Questions and Suggested Activities

Exercise:

Adopting and enhancing habits for healthy longevity are the most important goals you can establish, so specify the actions you will take for the sake of both your physical health and your brain health.

Physical Health:

Brain Health:

Step 8: Establish Goals that Advance Intergenerational Relationships

Groundwork:

Journal entries for questions #1-7 in Chapter 5 Questions and Suggested Activities

Exercise:

Describe the social activities you want to be a part of going forward and specify the generation(s) of the participants you expect to include in those activities.

Social Activity

Generation(s) of Participants

Step 9: Create Up to 50 Goals

Based on your responses to Steps 1–8, create a first draft of up to 50 goals for flourishing in the Longevity Revolution. As you begin, one goal after another may pop into your mind, but if you find yourself getting stuck, honor this by pausing and reviewing the previous Steps 1–8 to ensure that you include goals that directly relate to each step. For example, have you included goals that advance your purpose(s), long-life learning, core values, health habits for body and mind, and intergenerational relationships?

This wisdom exercise allows you to stretch your creativity and explore your imagination, but much like a potter throwing a pot, you will need time and care to refine the life goals you are shaping on your potter’s wheel. Again, take the time you need.

If you need further inspiration to create up to 50 goals, return to these two questions as a mantra for flourishing longevity:

- a. What goals do I want to complete that will make my potential 100+year life the most fulfilling it can be?
- b. What goals would I want to complete if I had nothing to prove and everything to live for?

Note: For now, ignore the BALANCE, YEARS, and COST columns to the right of the GOALS column.

#	Goals	Balance			Years	Cost		
1		H	M	PR		\$	\$\$	\$\$\$
2		H	M	PR		\$	\$\$	\$\$\$
3		H	M	PR		\$	\$\$	\$\$\$
4		H	M	PR		\$	\$\$	\$\$\$
5		H	M	PR		\$	\$\$	\$\$\$
6		H	M	PR		\$	\$\$	\$\$\$
7		H	M	PR		\$	\$\$	\$\$\$

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#	Goals	Balance			Years	Cost		
8		H	M	PR		\$	\$\$	\$\$\$
9		H	M	PR		\$	\$\$	\$\$\$
10		H	M	PR		\$	\$\$	\$\$\$
11		H	M	PR		\$	\$\$	\$\$\$
12		H	M	PR		\$	\$\$	\$\$\$
13		H	M	PR		\$	\$\$	\$\$\$
14		H	M	PR		\$	\$\$	\$\$\$
15		H	M	PR		\$	\$\$	\$\$\$
16		H	M	PR		\$	\$\$	\$\$\$
17		H	M	PR		\$	\$\$	\$\$\$
18		H	M	PR		\$	\$\$	\$\$\$
19		H	M	PR		\$	\$\$	\$\$\$
20		H	M	PR		\$	\$\$	\$\$\$
21		H	M	PR		\$	\$\$	\$\$\$

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#	Goals	Balance			Years	Cost		
22		H	M	PR		\$	\$\$	\$\$\$
23		H	M	PR		\$	\$\$	\$\$\$
24		H	M	PR		\$	\$\$	\$\$\$
25		H	M	PR		\$	\$\$	\$\$\$
26		H	M	PR		\$	\$\$	\$\$\$
27		H	M	PR		\$	\$\$	\$\$\$
28		H	M	PR		\$	\$\$	\$\$\$
29		H	M	PR		\$	\$\$	\$\$\$
30		H	M	PR		\$	\$\$	\$\$\$
31		H	M	PR		\$	\$\$	\$\$\$
32		H	M	PR		\$	\$\$	\$\$\$
33		H	M	PR		\$	\$\$	\$\$\$
34		H	M	PR		\$	\$\$	\$\$\$
35		H	M	PR		\$	\$\$	\$\$\$

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#	Goals	Balance			Years	Cost		
36		H	M	PR		\$	\$\$	\$\$\$
37		H	M	PR		\$	\$\$	\$\$\$
38		H	M	PR		\$	\$\$	\$\$\$
39		H	M	PR		\$	\$\$	\$\$\$
40		H	M	PR		\$	\$\$	\$\$\$
41		H	M	PR		\$	\$\$	\$\$\$
42		H	M	PR		\$	\$\$	\$\$\$
43		H	M	PR		\$	\$\$	\$\$\$
44		H	M	PR		\$	\$\$	\$\$\$
45		H	M	PR		\$	\$\$	\$\$\$
46		H	M	PR		\$	\$\$	\$\$\$
47		H	M	PR		\$	\$\$	\$\$\$
48		H	M	PR		\$	\$\$	\$\$\$
49		H	M	PR		\$	\$\$	\$\$\$
50		H	M	PR		\$	\$\$	\$\$\$

Step 10: Check Your Goals for Balance

Congratulations on completing your list of goals! Now, it's time to work with the column to the right of the goals column labeled BALANCE. This column reflects the discussion in Chapter 8, titled Balanced Goal Setting. The objective here is to edit your list of goals so that it reflects a balance between happiness goals (H), meaningful-purpose goals (M), and psychological richness goals (PR).

Although some goals may reflect more than one category, circle only one letter for each. For example, if a goal such as volunteering provides meaning but also makes you happy, choose the category that more accurately, not exclusively, reflects the goal. Also, note that the category for some goals, such as health-related activities, may not be readily apparent, but you should still be able to choose one of the three. For example, the goal of walking on a treadmill for 30 minutes a day is likely not in the PR category (i.e., psychological richness or “variety is the spice of life” category). That leaves either the happiness category (you truly enjoy the activity) or the meaningful-purpose category (you do it because good health is essential to fulfilling your purpose).

Exercise:

- a. To determine whether your goals are balanced, for each one, select **H for happiness** goals, **M for meaningful-purpose** goals, or **PR for psychological richness** goals.
- b. When finished, count the number of items selected H, M, or PR:

_____ H = Happiness Goals

_____ M = Meaning Goals

_____ PR = Psychological Richness Goals

- c. If you have roughly the same number of goals in each of the three categories, your goals are already balanced. If, however, one category has significantly fewer goals than others, consider adding goals to that category to create a better balance. The more balanced your goals that reflect happiness, meaning, and psychological richness, the more likely you are to live a fulfilling life.

Step 11: Establish a Timeline for Completing the Goals

Exercise:

- a. For each of the 50 goals you wrote, estimate the timeline for completing the goal by writing 1, 2–5, 6–10, or 10+ in the YEARS column. If you know the exact year you want to complete the goal, please specify that year. Some goals, such as exercising or healthy eating, will never be completed, so write “ongoing” for those goals.
- b. When finished, tally the number of goals you have in each of the categories:

_____ 1 year

_____ 2–5 years

_____ 6–10 years

_____ 10+ years

_____ Ongoing

- c. If you have under- or over-loaded one of the time frames, consider adjusting your expectations. This is particularly important if you have too many goals in the 1 and 2–5 year categories. Don’t pressure yourself by trying to complete too many goals too soon. As you complete individual goals, you can always adjust your timelines accordingly.

Step 12: Estimate the Cost of Each Goal

The last column, COST, includes the symbols \$, \$\$, and \$\$\$ to represent the amount of money, if any, the goal will require for completion. Obviously, each person's view as to what constitutes a large amount of money will vary, so these estimates will be based on your particular financial situation.

Exercise:

- a. If completing the goal will cost no money, leave the COST column blank. If, given your financial resources, the goal will cost what you consider a small amount of money, select \$. If the goal will cost a moderate amount of money, select \$\$\$. If the goal will be quite expensive, select \$\$\$.
- b. Bring the list of goals that you anticipate being quite expensive to your financial advisor so you can discuss them.

Optional Step: Blend Your Goals with Your Partner's

Exercise:

Although you will complete some goals by yourself, those of you who are partnered will find that other goals, perhaps many, will involve your spouse or life partner as well. Given that, take whatever time you need to discuss and blend your goals, timelines, and expenses as needed.

Personal Longevity Planning Part 2: Preparing for Help When Needed

The MIT AgeLab, in conjunction with Hartford Funds, has posed three simple but excellent questions regarding planning for help when the time comes that you need it.

- “Who will change my light bulbs?” [i.e., Do I have a plan for maintaining my home?]
- “How will I get an ice cream cone?” [i.e., Do I have adequate transportation to go where I want to go when I want to go?]
- “Who will I have lunch with?” [i.e., Do I have a social network of friends?]¹

As you can see, these three questions relate to what you read in Chapter 6, and they reflect the work you will do in Part 2 of this process. As stated earlier, if you are healthy and in your 50s or 60s, you may not need help for some decades to come, but it is still important to begin thinking through what you want to do and whom you want to include in your Longevity Team when you actually do need help.

Groundwork:

Journal responses to Chapter 6 Questions and Suggested Activities

Exercise:

Aligning your responses with the goals you set in Part 1 of your Personal Longevity Plan, answer the questions below.

- a. Given your current housing situation, consider the following:
 - How many more years do you anticipate living in your current home?
 - Are there any renovations you want to make now to prepare for aging in place? If so, list them:

1. Joseph F. Coughlin, Ph.D., “Three Questions That Can Predict Future Quality of Life,” MIT AgeLab and Hartford Funds. hartfordfunds.com/dam/en/docs/pub/prospectingmaterials/Whitepapers/MF929.

- List all the people you might want to have on your Personal Care Team in order to stay in your home.

- If you did move, what kind of home(s) would you want? Select all that apply.

Single-family home

Townhome

Condominium

Apartment

55+ Community

Assisted-living

Other, specify:

b. What forms of transportation are you willing to use beyond your own car?

c. Whom do you want to include on your Transportation Team?

d. How do you plan to socialize on a weekly basis?

e. Who are the primary members of your Social Team?

f. List any actions you know you need to take to tend to your financial, legal, or healthcare needs and your timeline for completing them.

Action

Timeline

g. Name those people you want to include on your comprehensive Longevity Team to meet your financial, legal, and healthcare needs.

Personal Longevity Planning Part 3: Completing Your Holistic Personal Legacy

As discussed in Chapter 7, there are three parts to establishing a holistic personal legacy: traditional estate planning, an ethical will, and a spirit legacy. All three will be addressed as you complete this final part of your Personal Longevity Plan.

Traditional Estate Planning

Groundwork:

Responses to question #1 in Chapter 7 Questions and Suggested Activities

Exercise:

Set a date for making an appointment with an attorney and/or completing any legal issues of traditional legacy planning that are still outstanding (i.e., all the “no” boxes you checked in response to #1 of Questions and Suggested Activities, Chapter 7).

Issue needing attention

Timeline

My Ethical Will

Groundwork:

Response to #2 in Chapter 7 Questions and Suggested Activities section; Chapter 7 section on Ethical Wills and the sample provided

Exercise:

If you wish to delve deeper into the subject before writing your own ethical will, read Barry Baines' *The Ethical Will Writing Guide Workbook*.

Read the instructions on page 152 and type your Ethical Will here:

(continue on the next page, as needed)

My Ethical Will, continued

My Spirit Legacy

Groundwork:

Response to #3 in Chapter 7 Questions and Suggested Activities; Chapter 7 section on spirit legacies

Exercise:

For more information, read Daniel Taylor's *Creating a Spiritual Legacy: How to Share Your Stories, Values, and Wisdom*.

Read instructions on page 153 and type your Spirit Legacy here:

(continue on the next page, as needed)

My Spirit Legacy, continued

Well done! With the completion of your holistic Personal Longevity Plan you have joined the Longevity Revolution in a specific, intentional way! Keep your Personal Longevity Plan fresh by reviewing it often and update it at least annually. Celebrate the completion of your goals as soon as you complete them. Adjust timelines that need adjusting and add new goals so that you make your potential 100+year life the most fulfilling it can be.
