

SHOULD I STAY

Or Should I Go

1. Your ideal vision for your future. Start with the end in mind. **What is the ideal future you want to create?** For this exercise, imagine that you are currently living that life. What does it look and feel like to you? Allow yourself to dream big here, do not worry yet how it will happen. Let yourself have the vision; we will then work on the steps to get there.

2. What is **most** important to me?

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- _____
- _____
- _____
- _____

3. Does my current living arrangement provide what is most important to me? If yes, in what ways? If no which areas are not being fulfilled?

4. Is location a variable for you? **YES** or **NO** (circle one)
Often changing location is the one piece that could mean meeting someone's goals/desires, but people typically begin their thought process around their current town/location.
If yes: maybe moving to warmer climate or closer to an adult child or family member, possibly a lifestyle option that fits your needs!

5. **Why Should I Stay**

Write down all the reasons why home is where you want to be. Spend some time really thinking about which aspects still bring you comfort and joy. We encourage you to be honest with yourself, do not write things because you “think” you should.

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6. Which aspects of your home **no longer** serve you? Where would you like to see changes?

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- _____
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7. **Identify any physical, emotional, social or financial roadblocks that might be holding you back.**

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- _____

If you are unsure of where to begin, what housing options are available to you, or how to gain clarity regarding planning for your future, know you don't have to go at this alone, there are professionals here to help you each step of the way.