



THE SECOND-ACT MINDSET CHALLENGE

From Fear to Faith. From Retirement to Reinvention.

Purpose: To help retirees release fear, rediscover purpose, and re-enter life with renewed energy, faith, and direction.

Each day includes:

- ✓ A theme
- ✓ A Scripture or thought anchor
- ✓ A short reflection or journaling prompt
- ✓ A prayer or affirmation
- ✓ An optional action step





Day 1 – Let Go of the Old Story

Theme: Surrender the labels that no longer define you. **Scripture:** *"Forget the former things; do not dwell on the past." – Isaiah 43:*

Reflection Prompt: What stories about "who you were" are keeping you from seeing who you could become? Write them down, then cross them out as a symbol of release.

Prayer: "Lord, help me release old labels, regrets, and fears. Give me eyes to see the new thing You are doing in me."

Action Step: Write one positive statement that replaces an old fear-based thought. Example: "I am not done, I'm being redesigned for impact."



Day 2 – Embrace Faith Over Fear

Theme: Step into uncertainty with trust.

Scripture: *"For God has not given us a spirit of fear, but of power, love, and a sound mind." – 2 Timothy 1:7*

Reflection Prompt: What fears surface when you think about your future? How might faith reframe each one?

Prayer: "Father, replace my worry with wisdom and my fear with faith."

Action Step: List 3 situations in which you will choose faith instead of fear this week.



Day 3 – Rediscover Your Gifts

Theme: You still have purpose, it's just wearing new clothes.

Scripture: *"Each of you should use whatever gift you have received to serve others." – 1 Peter 4:10*

Reflection Prompt: What talents, skills, or passions still light you up when you think about using them?

Prayer: "Lord, reveal my hidden gifts and show me where they can bless others."

Action Step: Ask one trusted friend or family member what strengths they still see in you.



Day 4 – Reframe Work as Worth

Theme: Purpose doesn't retire, it shifts expression.

Scripture: *"Whatever you do, work at it with all your heart, as working for the Lord." – Colossians 3:23*

Reflection Prompt: How can you turn what you *love* into something meaningful, even profitable, in this season?

Prayer: "God, teach me to see work not as pressure but as purpose."

Action Step: Brainstorm three ways you could serve or create value through your experience (volunteering, mentoring, online business, etc.).

Day 5 – Design Your Days with Intention

Theme: Purpose thrives with rhythm, not rush.

Scripture: *“Teach us to number our days, that we may gain a heart of wisdom.” – Psalm 90:12*

Reflection Prompt: What would a balanced, meaningful day look like now, spiritually, relationally, and physically?

Prayer: “Lord, help me plan my days around what truly matters.”

Action Step: Create a “Purpose-Driven Daily Schedule” that includes prayer, movement, connection, and creativity.



Day 6 – Serve Beyond Self

Theme: Your greatest joy will come from giving what you've gained.

Scripture: *"It is more blessed to give than to receive."* – Acts 20:35

Reflection Prompt: Who can you encourage, mentor, or help this week?

Prayer: "Father, let my hands be instruments of grace and my words seeds of hope."

Action Step: Do one intentional act of kindness or mentorship today.

★ Day 7 – Step Boldly Into Your Second Act

Theme: Reinvention is an act of obedience and faith.

Scripture: *"The latter glory of this house shall be greater than the former."* – Haggai 2:9

Reflection Prompt: What does your "Second Act" look like if you walk fully in purpose and peace

Prayer: "Lord, thank You for rewriting my story. Help me live boldly, faithfully, and joyfully in my new season."

Action Step: Write a one-paragraph declaration beginning with: "My Second Act is about..." Read it aloud every morning this week.

Completion Reflection

When you finish all seven days, spend time reviewing your journal. Highlight the themes that repeat, those are your divine clues.

Then answer:

- What fears have I released?
- What new opportunities excite me?
- What small step can I take this week toward my Second Act?