

THE BRIDGE YEARS

FREE / 20-MINUTE QUICK START

AFTER THE TITLE

Rediscover Your Worth.
Reclaim Your Confidence.
Build Your Next Chapter.

Three useful exercises. One next step. About 20 minutes.

@THEBRIDGEYEARS

Start Here, Not Everywhere

Losing a job late in a career can affect more than income. This free exercise is a calm first step.

I was laid off at 59 after 18 years with one company. I expected only fear, but I also felt the pull of possibility. The Bridge Years is my name for this space between the career we knew and the retirement we imagined.

IMPORTANT / DEAL WITH DEADLINES FIRST

If your job recently ended, review health coverage, severance, benefits and unemployment timelines immediately. This reflective guide is not a substitute for financial, legal or insurance advice.

HOW I WANT THE NEXT 20 MINUTES TO FEEL

WHAT I MOST NEED TO FIGURE OUT NEXT

I. What Still Holds?

A job ends. Your history, relationships, judgment and skills do not.

WHAT CHANGED

WHAT DID NOT CHANGE

CIRCLE WHAT IS SHOWING UP THIS WEEK

Relief Fear Hope Anger Embarrassment Excitement Grief Curiosity Exhaustion

ONE THING STILL SOLID UNDER MY FEET

KEEP THIS IN MIND

You may need financial answers urgently. You do not need to solve your entire identity today.

2. Your Value Survived

Name skills that lived inside your role, not just the title printed on a business card.

PEOPLE USED TO CALL ME WHEN ...

ONE HARD PROBLEM I REPEATEDLY SOLVED

WHAT THAT SKILL COULD DO FOR SOMEONE NOW

TRY A NEW INTRODUCTION WITHOUT YOUR OLD TITLE

Try: I help [who] solve [problem] using my experience in [what], so they can [result].

3. Choose One Small Test

You do not have to pick a forever job. Choose a safe way to learn what fits.

SIX SHAPES INCOME COULD TAKE

1. Sell expertise: project work, consulting, fractional roles

2. Teach and guide: classes, tutoring, mentoring

3. Hands-on and local: seasonal work, repairs, service

4. Put assets to work: rented space, equipment, storage

5. Meaning first: community, nonprofit and service roles

6. Build or buy: a small venture, creative work or acquisition

ONE POSSIBILITY I AM GENUINELY CURIOUS ABOUT

WHAT WOULD MAKE IT WORTH MY LIMITED TIME?

Your First Real-World Step

A conversation or a one-hour trial often teaches more than another week of overthinking.

THE SMALLEST LOW-RISK TEST I CAN RUN IN 7 DAYS

WHO CAN GIVE ME HONEST INFORMATION?

HOW MUCH TIME AND MONEY WILL I RISK?

I WILL DO THIS BY (DATE)

WHAT COMES NEXT?

The complete After the Title workbook goes deeper: values, career inventory, six income paths, an income reality check, couple conversations, a 90-day experiment and your personal Bridge Blueprint.