

Roadmap for Life



PATHWAY TO PURPOSE

1 FINANCE

- **Budgeting:** Create a detailed monthly budget to track income and expenses.
- **Saving:** Set aside a percentage of your income for savings and investments.
- **Debt Management:** Develop a plan to pay off debts.
- **Emergency Fund:** Covering at least 3–6 months of living expenses.
- **Retirement Planning:** Contribute to retirement accounts, plan for long-term financial goals

2 CAREER/EDUCATION

- **Goal Setting:** Identify short-term and long-term career goals.
- **Skill Development:** Improve your skills through courses, certifications, and workshops.
- **Networking:** Build and maintain a professional network.
- **Work-Life Balance:** Ensure a healthy balance between work and personal life.
- **Lifelong Learning:** Stay curious and keep learning new things to grow personally and professionally.

3 FAMILY/RELATIONSHIPS

- **Communication:** Foster open and honest communication with family and loved ones.
- **Quality Time:** Spend quality time with family and friends to strengthen bonds.
- **Support System:** Build a reliable emotional and practical support system.
- **Conflict Resolution:** Develop healthy ways to resolve conflicts and disagreements.
- **Boundaries:** Establish and respect personal boundaries within relationships.

4 COMMUNITY

- **Volunteering:** Participate in community service and volunteer activities.
- **Social Connections:** Engage with your community through social events and groups.
- **Mentorship:** Offer mentorship or seek mentors within your community.
- **Advocacy:** Get involved in causes and issues that matter to you.
- **Giving Back:** Find ways to give back to your community, whether through donations, time, or expertise.

5 FAITH

- **Spiritual Practices:** Incorporate regular spiritual practices such as prayer, meditation, or worship.
- **Beliefs and Values:** Reflect on your core beliefs and values and how they guide your life.
- **Community Involvement:** Participate in faith-based community activities and groups.
- **Inner Growth:** Focus on personal growth and self-awareness through spiritual exploration.
- **Purpose:** Find and pursue your life's purpose guided by your faith and values.

Men's Health

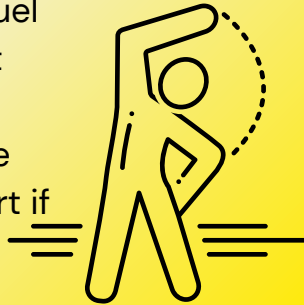
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PATHWAY TO PURPOSE

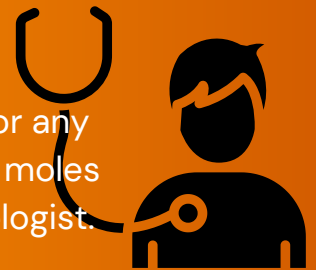
IN YOUR 20S

- **Exercise Regularly:** Establish a fitness routine to build muscle and maintain cardiovascular health.
- **Healthy Diet:** Focus on balanced nutrition to fuel your body and prevent future health issues.
- **Mental Health:** Manage stress and seek support if needed.



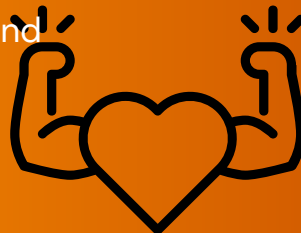
IN YOUR 30S

- **Routine Check-ups:** Start regular health screenings, including blood pressure and cholesterol checks.
- **Maintain Fitness:** Continue exercising and consider incorporating strength training.
- **Skin Health:** Monitor for any changes or suspicious moles and consult a dermatologist.



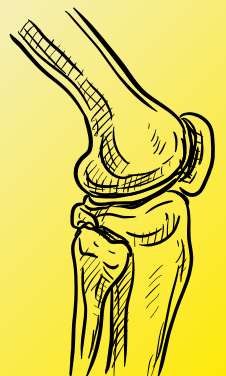
IN YOUR 40S

- **Prostate Health:** Begin prostate exams and colon cancer screenings.
- **Joint Care:** Stay active to keep joints healthy and prevent stiffness.
- **Heart Health:** Monitor blood pressure, cholesterol, and glucose levels.



IN YOUR 50S & BEYOND

- **Regular Screenings:** Continue with annual check-ups, including colonoscopies and prostate exams.
- **Bone Health:** Ensure adequate calcium and vitamin D intake to prevent osteoporosis.
- **Mental Sharpness:** Engage in activities that challenge your brain and maintain cognitive function.



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