



40+ is a Tricky Period

Stability is a myth.

Here is how to measure your true resilience.





Kids are growing.
Parents are ageing.
EMIs don't wait.
Jobs feel unstable.

At 40+, you don't have
stability.

You have exposure.



The system isn't forgiving anymore:

- Too expensive to be "safe."
- Too senior to be "agile."
- Too young to retire.

The 40+ Survival Index (FSI)



A blunt self-audit.

Score yourself 1–10 across 4 reserves.





Reserve #1: Cash Liquidity

How many months can you survive without income?





Reserve #2:

Career Relevance

1 monetizable skill in last
2 years?





Reserve #3: Social Capital

5 people you can
call today?



0

10



Reserve #4:

Health Reserves

Can your body and mind
handle a high-stress transition?





Your FSI Score (out of 40)

- $< 25 \rightarrow$ Fragile. Exposed.
- $25-30 \rightarrow$ Stretched.
Vulnerable.
- $30+ \rightarrow$ Resilient. Ready.



The IntuiWell Edge

How to Strengthen Your
Reserves



At IntuiWell's Personal Growth Program:

- **Cash** → Ladder + Bucket Strategy
- **Career** → 180-Day Skills Roadmap
- **Network** → 5x5 Activation Framework
- **Health** → 9AM Edge Protocol

Your FSI score isn't a label.
It's a mirror. Use it.



Transform You:
Personal Growth Program