

ORCHESTRATING YOUR TIME: THE NEXT VANTAGE POST-EXIT BLUEPRINT

This blueprint offers a practical rhythm for your first year after an exit, helping you design a life where work is optional but purpose and family are not. We'll assume you are at your main home, on two corporate boards, involved with one charity, and have adult kids and grandkids.

THE DAILY ANCHORS >

These non-negotiable windows protect your physical and mental well-being every day, Monday through Sunday:

- **7:00–8:00 AM:** Move your body (walk, light workout, or stretch).
- **8:00–9:00 AM:** Coffee and quiet time with your spouse to talk and plan the day.
- **9:00–10:00 AM:** Light admin, including travel planning and board or charity follow-ups.

THE WEEKLY RHYTHM

DAY	LATE MORNING	AFTERNOON	EVENING
Monday: Board & Work Your Brain	Focus on Board A (review materials, join calls, think about strategy)	Project time – deeper board work, reading, or professional learning	Easy night in with your spouse
Tuesday: Family & Personal	Your stuff – golf, hobby, language app, whatever keeps you curious	Built-in time with local grandkids (school pickup, practice)	Dinner and call with one of your kids; rotate who gets that slot each week
Wednesday: Charity	Charity work – committee calls, planning with the executive director	In-person visit or volunteering if possible	Date night – go out, phones away, treat it as an actual “event.”
Thursday: Second Board	Focus on Board B (financials, strategy, key calls)	Buffer for spillover from either board or extra thinking time	Social dinner – friends, another couple, or adult kids
Friday: Adventure	“Day date” – a day trip, museum, new neighborhood, long walk and lunch	Light admin, look ahead to next week	Low-key night at home, especially if you'll be traveling soon

Saturday: Family & Social	Brunch or an activity with kids and grandkids (aim for every week or every other week)	Your downtime – reading, sports, hobbies	Open – host people, go to an event, or just keep it quiet
Sunday: Reset	Reflection – journaling, faith, or just a solo walk. Work in video or phone calls with any kids or grandkids who live farther away.	Weekly planning with your spouse – what matters most this coming week?	Early night and light reading

MONTHLY & YEARLY ORCHESTRATION >

Recurring Monthly Touchpoints:

- **Professional:** One in-person meeting for each board on alternating weeks.
- **Charity:** One meeting or event, plus a check-in with key leadership.
- **Family:** One "family council" dinner or call with adult kids to sync on travel and support needs.
- **Family:** One "special day" with grandkids to build lasting memories.

THE TRAVEL FRAMEWORK >

- **Second Home:** Aim for a long weekend or full week every 4–6 weeks. Keep professional work to focused mornings only.
- **International:** Plan 2–3 trips per year. Protect the weeks before and after these trips by keeping a light schedule.

STAYING CLOSE TO ADULT KIDS >

- Quick touch base once a week via text or short call.
- A longer call or in-person meal with each child or couple at least once a month.
- One or two "everyone together" gatherings a year, ideally at the second home or over the holidays.

STAYING CLOSE TO GRANDKIDS >

- For nearby grandkids, aim for one reliable block each week, such as Tuesday afternoon and dinner.
- Once a month, do something a bit bigger or special with them.
- For those living farther away, try a weekly video call and one or two in-person visits or trips a year.

STRATEGIC BOUNDARIES >

To keep this rhythm sustainable, establish clear boundaries:

- Limit board and charity work to specific days or hours each week.
- Create windows when people can reach you, and protect your personal time outside of them.
- Once a year, sit down with your spouse to discuss what activities still give you energy and what feels like work you have outgrown.

NEXT STEPS >

Putting It into Practice:

- Take your real obligations—including board calendars, charity events, known trips, and major family dates—and lay them out over the next 12 months.
- Use this weekly template for the next month or so to see where the schedule feels too tight or too loose.
- Every quarter, tweak the plan: more or less time with certain grandkids, adjustments to travel, or shifting board intensity.



Your identity after you sell your business is a valuable asset that requires the same level of organization as your investments. If you are beginning to think through what your first post-exit year should look like, I am happy to talk through these ideas with you.

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