

KEEP IN MIND

Retirement is your time to figure out what will bring you joy and fill you with meaning in this new stage of life. If you're struggling with what to do next, reach out to experts for help. A life coach can help you make and achieve goals, a financial planner can help you set realistic expectations, and a counselor can help with any feelings of anxiety.



Choosing How to Spend Retirement
Health & Wellness

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While retirement can leave you feeling as though you may have a lack of purpose, it can also open doors to something new.

Retirement can mean leaving a role you've been in a long time. It can also mean a shift in social activity, as you'll no longer be spending your days with your coworkers. These kinds of changes can come with insecurity. But planning your transition can help. This is your chance to decide which parts of your old life you want to hold on to, which parts to let go, and what new experiences you'd like to discover.

WHERE WILL YOU LIVE?

Retirement is an opportunity to reevaluate your address and lifestyle. Here are some questions to ask yourself:

- ✓ Do I want to stay where I am, in the area, or move somewhere else entirely?
- ✓ What type of environment (urban, suburban, mountain, beach, desert) am I looking for?
- ✓ Who do I want to live with or near (family, friends, others)?

HOW WILL YOU SPEND YOUR DAYS?

Because your time will be spent differently, it can be helpful to consider some of these questions:

- ✓ Do you want to wake up at the same time you have been for work or sleep in?
- ✓ What do you want to do when you wake up?
- ✓ Is there an exercise you want to start or continue?
- ✓ Are there any activities you've been interested in or wish to keep doing?
- ✓ Do you want to take a class or join a group?
- ✓ Do you want to work as a consultant or volunteer in your former field? For instance, a retired teacher can give lectures or an attorney can take on pro bono cases. If yes, how much time and energy do you want to commit?