

ENVISIONING RETIREMENT

Life After Work: Envisioning Retirement

Having an idea of what retirement looks like to you can help to make it a reality in the future years. Ask yourself the questions below to get a better sense of what you want your retirement years to look like. Write down things you can do today to help make that vision a reality.

My finances

What are some steps I can do today to begin working towards my financial goals?

My health

What are some habits I can change today to begin working towards a healthier future?

My lifestyle

Focus on your strengths and write down interests you want to pursue. What do you like to do now and how can you build on that for your future?

My meaning

Consider who you are, who you want to be, outside of the workplace. What are some things you want to be involved in that you value and give you meaning? How can you align what you do in your retirement years with being the person you want to be?

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FUTURE FOCUS RESOURCES

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Use these resources to help you be at your best as you move toward retirement.

Healthy spirit

- › **Power of purpose** www.takingcharge.csh.umn.edu/whats-my-purpose
- › **Volunteering** www.volunteermatch.org
- › **Lifelong learning** www.osherfoundation.org

Healthy aging

- › **AARP** www.aarp.org
- › **National Institute on Aging** www.nia.nih.gov

Healthy body

- › **Healthy eating** choosemyplate.gov
- › **Healthy weight** cdc.gov/healthyweight/index.html
- › **Get/stay active** health.gov/paguidelines
- › **Be tobacco free** smokefree.gov
- › **Meeting sleep needs** nia.nih.gov/health/good-nights-sleep
- › **Health screenings** medlineplus.gov/healthscreening.html
- › **Manage your stress** apa.org/topics/stress/

Planning ahead

- › **Advance directive/end of life** cdc.gov/aging/advancecareplanning/index.htm
- › **Writing a will** nolo.com/legal-encyclopedia/wills-trusts-estates
- › **Long-term care** longtermcare.acl.gov
- › **Social Security** ssa.gov
- › **Medicare** medicare.gov
- › **Retirement calculator** aarp.org/work/retirement-planning/retirement_calculator.html

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VOLUNTEERING: WHERE TO START

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Many retirees find enjoyment in volunteering. Volunteer opportunities can run the gamut from short-term commitments to something that can become a larger part of your daily life. It can be a great way to stay busy, feel needed and do something you believe in. Below are some resources to get you started.

VolunteerMatch: www.volunteermatch.org

Gives you ideas of local organizations you can volunteer with based on your interests. You can search for opportunities based on your passion, or you can select from available options.

Points of Light: www.pointsoflight.org

A global network of nonprofits, corporations, and individuals who want to make a difference. Select the “Get Involved” tab to find volunteer opportunities near you.

All for Good: www.allforgood.org

A service provided through Points of Light, All for Good is a “digital hub” that searches multiple projects and organizations to find local opportunities that are important to you.

United We Serve: www.serve.gov

The Corporation for National and Community Service (CNCS) helps connect engaged citizens get involved in their local communities. Learn about AmeriCorps, Senior Corps, and other ways to get involved.

Volunteers of America: www.voa.org

An organization that serves across the country helping some of the most vulnerable people, including veterans, at-risk youth, the elderly, people returning from prison, the homeless, people with disabilities, and people recovering from addictions.

United Way: www.unitedway.org

An international support organization with connections and community-based resources in many areas. They serve primarily by promoting education, income equality and healthy living.

Idealist: www.idealists.org

A volunteer exchange website for people who want to make a difference. You can post your own volunteer opportunities, or connect with an Idealist Group near you to organize monthly days of action and service.

National Night Out: www.natw.org

An annual event focused on community-building and neighborhood solidarity. Organize or attend an event in your local neighborhood or residential city block to connect people within your community.

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FINDING YOUR MEANING

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When your identity gets tied to what you do, it's easy to wonder, "Who am I without my business card?" While retirement offers time for leisure, it is also a chance to find new direction, purpose and meaning. What will get you up in the morning? What will energize your life and spirit? Use these questions to start exploring now.

Jumpstart your thinking

What were you doing when you remember being the happiest? *Is there a way to do more of this?*

What is something that never fails to make you laugh or smile? *How could this become part of day-to-day life?*

Is there a topic you feel you could talk about forever? *Is it part of your life now? Could it play a bigger role?*

When have you felt the most alive and energized? *What is the key that makes this so?*

Is there anything that you think you might be good at but have never tried? *How could you attempt it now?*

What did you dream of being when you grew up? *Is there anything in that dream that might still be possible?*

Of all your accomplishments, what makes you the most proud? *How can you build on that?*

If your legacy were described in only two words, what would you want them to be? *How can you make that true?*

Consider the questions below to help you move forward with finding your meaning.

What matters to me?

Who do I want to be?

What do I want to experience?

What is holding me back?

Take action

How do I start?

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