

What's your retirement style?

With a bit of planning, you can turn retirement into the most fulfilling phase of your life. That's why we've compiled a few questions, suggestions and thought starters to inspire you. Reflect on each item. Jot down your thoughts. Putting things down on paper can spark ideas.

Questions

- 1 **List three topics you want to learn more about and ways you can do that.**

EXAMPLE: *Bird-watching*

HOW TO: *Buy a bird identification book, download a bird-watching app, invest in a pair of binoculars, seek out different natural locations, keep a notebook to list your sightings, join a birding club, etc.*

1 _____

HOW TO:

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2 _____

HOW TO:

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3 _____

HOW TO:

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Questions

2 How do you like to feel useful?

Think about times you've felt most appreciated, either at work or in your personal life.

Write those down and describe how they made you feel. Who did you serve? Are there similar volunteer or part-time job opportunities near you? If so, find out where and write those opportunities down.

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3 What leisure activities interest you?

Retirement gives you more time to spend however you like. Travel? Long-distance cycling? Improving your tennis game? Learning to paint with watercolors? Do-it-yourself projects?

Brainstorm a list and add to it as ideas come to you. When you're bored, refer back to the list.

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4 Make a list of family, friends and acquaintances who share your interests.

Engaging in activities and setting goals with another person benefits you both. Plus, it's fun. Take a class together. Train for a marathon or a challenging hike. Commit to trying a new restaurant once a month. The possibilities are endless.

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5 Create a (flexible) weekly schedule.

Without a job or another set of responsibilities, the days may run together. Create a weekly schedule to serve as a framework for your retirement. Plans can change as you like, but sticking to a basic routine gives your life structure.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

One final suggestion **Stay open. Be patient.**

Creating a retirement lifestyle takes time. Resist the urge to pack your calendar with activities just to stay busy. Try new things slowly, and keep in mind you may not enjoy every pursuit. That's okay. In time, you'll create a lifestyle filled with meaning, fun and purpose.