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**Ten Ways To Find Your Purpose And Meaning In Retirement**

**By Cynthia Barnett**

As you may know, people react differently to retirement. For some folks, it is the best time of their

lives, a time for adventure, fun and excitement. A time when they can kick up their heels, relax, and enjoy the free time on their hands. For others, retirement is a period of boredom and insecurity. This is because they aren't used to the flexible schedule and miss meeting and socializing with others in work related activities. They also miss the predictability of their days and nights. That said, everyone can find joy and happiness in retirement and beat the retirement blues. In fact, you can have a retirement filled with meaning by simply following these 5 tips:

1. Refocus your life - Do not consider yourself retired in the traditional sense. Yes, you no longer work for your past employer but you are certainly not at the end of your rope. You are refocusing your life, pursuing other options you're at a more positive turning point. This is a time for celebrating a new beginning!
2. Increase your Social Circle - Stay connected to those events and people that you previously enjoyed during your working career. Don't be afraid to have a social life. Join clubs and associations that interest you and get to know new people with similar interests.
3. Plan Events – Get to know people of diverse interests. Become an extrovert. Plan a dinner party or other event and invite people. Don't be afraid to reach out to new people to strengthen other positive relationships. Not only will you increase acquaintanceships but you'll gain a feeling of connectedness to familiar and unfamiliar group members.
4. Prioritize Health - Maintaining good health is paramount to your success as a retiree. Therefore, you must take a preventive approach to good health. Do not wait until something is wrong to seek help. Examine your health and health habits now. Continue with your regular annual health checkups. Hire a personal trainer. Look into techniques for improving your overall well being, such as swimming, walking, weight training, yoga and meditation.
5. Stay in Shape - Stay in shape with exercise and a healthy diet. Choose an exercise activity that you enjoy and one that you can stick to. For instance, you might try Pilates, Jazzercise or even Karate. If

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you prefer to work out solo, there are many appropriate books as well as videos that you can utilize in your health quest right from the comforts of your own home. Just don't be afraid to try. In addition, you can also join a gym or take exercise classes with others. The better you feel, the more you will enjoy your retirement.

6. Join a Cause - After retirement, you may decide to join a worthwhile cause. Not only will this improve your self esteem but you will also make the world a better place and enrich a lot of lives, including your own.

7. Increase your Knowledge - Learning is a lifelong and exciting process. In this age of technology, take time to brush up on your knowledge or take that class that you've always dreamt of taking such as a cooking, painting, sewing, or computers. Do whatever you can to become a more educated and knowledgeable person.

improve your life and find your happiness. Only 9.95Seven ways to improve your life and find your happiness.

8. Update your Looks - Yes, you're retired and now is the time to let your fashion sense shine. Find a great hairstylist and get good hair stylist. Get a manicure, facial or pedicure. Change your wardrobe to reflect the new and improved you.

9. Explore your Dreams - Now that you have extra time on your hands, do what you've always wanted to do. Retirement is a perfect time to fulfill your dreams. Now is the time to accomplish all the things that you only dreamt about in the past. Do it now!

10. Maintain a Youthful Attitude - Be energetic and enjoy the time you now have on your hands. Retiring from a job does not mean you have to give up everything. Just because you may be older, you can still be youthful and vibrant. Age is an attitude. If you act although you're old– you are. If you act like you're young, you'll be young. Be proud of your veteran. Attitude is everything; let others be inspired by yours.

There are many things that you can do to find your purpose and meaning in retirement. By maintaining a positive attitude and zest for life, exploring your dreams, updating your looks, increasing your knowledge, joining a worthy cause, staying in shape, prioritizing your health, planning events, increasing your social circle and refocusing your life, you can do it!

Dr. Cynthia Barnett is a "re-fired" educator who has reinvented her life, moving from the schoolhouse to an entrepreneurial venue. Dr. Barnett is the author of "Stop Singing the Blues: 10 Powerful Strategies for Hitting the High Notes in Your Life" and RE-FIRE, Don't Retire : 7 Powerful Strategies for an Extraordinary Life Now and in Retirement.(

<http://www.stopsingingtheblues.com/>

). She was featured in

Time magazine for their article about women in mid-life who have reinvented themselves. If you liked

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today's article, stay tuned for more FREE articles, FREE teleseminars, FREE tips and other resources to help you create a blueprint for an extraordinary retirement. Dr. Cynthia Barnett 203-855-9714

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### **Blooming Boomers – Women and Retirement**

**By Carol Gegner**

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##### Blooming Boomers - Women and Retirement

Is your retirement looming off in the not too distant future? Do you have dreams of a life filled with rest and relaxation? Perhaps you envision vacationing year round. Those images sound pretty idyllic, especially if you are currently working long hours and feeling the stress and strain of your job. Working women are continually being stretched in a myriad of directions. That often translates into putting retirement planning and plans for retirement on the back burner of life.

Do you know that Baby Boomers are retiring at the rate of 10,000 every day in the United States! The oldest boomer is now 58 years old; the youngest is 40. They number 76 million in our country. Are you in that number?

The boomers have had a huge impact in our country. The first wave of baby boomers filled up our schools in the 50's. They changed campus politics in the 60's with their protests, marches and sit-ins. They were entering the work force in the 70's and 80's. The 90's brought changes to the workplace such as flextime and family leave time. Now boomers are entering the retirement phase of life. They are living longer, retiring earlier and their focus is on lifestyle, not age. Imagine the impact they will have on retirement!

Boomers are redefining retirement as a new career life transition. However, most aren't prepared for managing that transition. More time is spent on planning a vacation than on the next thirty years beyond retirement! Yes, many have been preparing financially with contributions to their 401K's, Roth IRA's, etc. However, retirement is more than finances.

There is the human side of retirement. For retirement to be truly successful people need to embrace the idea of life planning. How can we workers replace the function that work has played in our lives? One of the benefits of work is remuneration. We get paid for what we do. It gives us a sense of financial security.

But work provides us with more benefits than just remuneration. It helps us with the following: time management, socialization, a sense of purpose and status. Let's take a closer look at those benefits.

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Work gives structure to our life by managing our time. At times, it over manages our time and leaves little time for fun. Through our work we have agendas and schedules to follow. We know where we are supposed to be and what we are supposed to do. It keeps us organized.

At work we socialize with our co-workers and clients. We form and develop relationships that give us a sense of connection and belonging. We spend our time interacting and communicating with others to get the work done. We have a sense of camaraderie.

Many of us receive the benefit of status from our work. Our sense of personal worth and identity are

derived from work. We experience a clear picture of who we are and what we do. We get recognition for what we do.

Work provides us with a sense of purpose. That purpose gives meaning to our lives because we are helping others in some way. We receive some qualitative measure of satisfaction in our life.

How will the functions of work be replaced when you retire? How will you get fulfilled? Those above mentioned benefits of work are just one aspect of what life planning is all about. There are fourteen other factors to consider when preparing for retirement. For example, how will you define who you are when you aren't working? How adaptable are you to making changes in your life? How well do you rely your own internal sense for guidance and direction? These are important questions to consider when thinking about what retirement means to you.

Retirement is a complicated process that requires planning and introspection. It's not just about the money. There are important social, mental and physical implications as well.

Many of you won't follow the traditional model of retirement. Some will continue working full time at something you truly enjoy while others will work part time because you need the money. Perhaps you will start your own business or volunteer your time to worthy causes. As a Blooming Baby Boomer you probably won't spend the next thirty years sitting and watching life pass you by. This is the age of a new retirement.

Is it time for you to give some attention to your future retirement? Vacationing year round may not be the solution that puts genuine meaning in the next phase your life. Don't short change the next thirty years of your life. You'll want to continue blooming!

Carol Gegner ©2004

Carol Gegner is President of Executive Coaching and Consulting Systems and publishes Keys to Success, a FREE monthly ezine. She is a certified retirement coach working with Baby Boomers who want to do some life planning for a successful retirement. For more information go to [www.coachexecs.com/programs.html](http://www.coachexecs.com/programs.html) or email her at [carol@coachexecs.com](mailto:carol@coachexecs.com).



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