

UNIVERSITY  
OF  
CALIFORNIA

**PATHWAY**  
*to Retirement*



**Finding Fulfillment in Retirement**

# What brings you fulfillment in your life?

# “FULFILLMENT”

*What does it mean and how do you find it?*

# “RETIREMENT”

*What is it today and how do you define it?*



# You are the architect of your retirement



- **Filling your days?**
- **Days of fulfillment?**



- **Every day is a Saturday!**

# How many days might you need to fulfill?



63

**Average  
retirement age  
in America**



18

**Average length  
of retirement**



30

**Retirement  
planning horizon**

# 5 tips for finding fulfillment in retirement

- 1 Ask key questions...and answer truthfully
- 2 Create your purpose
- 3 Get rid of your baggage
- 4 Consider care of you and your family
- 5 Acknowledge this is not “business as usual”

# Ask key questions...and answer truthfully



- Are you ready to leave what you have been doing?
- Are you prepared for the challenges of creating a new life?
- Do you have the resources to create your new life?
- Have you coped well with other transitions?
- Are you patient?



# Create your purpose



- **Identify and nurture your passion if you have one**
- **Start “living your dream”**
- **Expand on what you already know and love**
- **Talk to everyone you know**
- **Give each new idea 6 months or more to see if it “sticks”**

# Get rid of your baggage



- **Deal with the physical “stuff”**
  - Reduce, recycle, reorganize
  - Downsize or declutter
- **Lessen the emotional burdens**
  - Make peace with the past
  - Pick up the phone

# Consider care of you and your family



- **Plan to care for an aging parent**
- **Consider you might become a caregiver**
- **Consider you might become the one needing care**

# Acknowledge this is not “business as usual”



- Expect a transition period – 2 to 5 years
- Create a new identity
- Embrace a new chapter of freedom
- Build and expand your social network
- Take the time to do what you’ve always promised yourself you would do

# Where to start?

- Blogs and Books
- AARP



Wall Street Journal, "The Best Books of 2018 on Aging Well", 11/20/2018.

# Where to start?

- Emeriti and Retirees' Associations
- Other happy retirees

The screenshot shows the homepage of the UCLA Emeriti/Retirees Relations Center. At the top, there is a navigation bar with the UCLA logo and the text "UCLA Emeriti/Retirees Relations Center". To the right of the logo is a search bar with the text "Search...". Below the navigation bar is a horizontal menu with the following items: HOME, ABOUT, RESOURCES, EVENTS + GALLERY, FACULTY RETIREMENT, EMERITI ASSOCIATION, and RETIREES' ASSOCIATION. The main content area features a large photograph of a group of people, including retirees, walking through a garden. A yellow callout box in the bottom right corner of the photograph contains the text "ON CAMPUS GARDEN TOUR" and "Professor Emeritus Wayne Dollase (Earth, Planetary, and Space Sciences)". Below the photograph is a yellow banner with the text "WELCOME TO THE CENTER".

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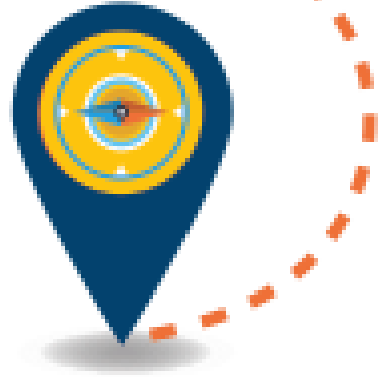
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ON CAMPUS GARDEN TOUR  
*Professor Emeritus Wayne Dollase (Earth, Planetary, and Space Sciences)*

WELCOME TO THE CENTER



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