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?

- **Average retirement age in America**: 63
- **Average length of retirement**: 18
- **Retirement planning horizon**: 30

Source: US Census Bureau, labor force participation rates for people ages 40 - 80
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


The information contained herein has been provided by the University of California and is solely the responsibility of the University of California.
Where to start?

- Emeriti and Retirees’ Associations
- Other happy retirees
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