

## THE CHALLENGE OF RETIREMENT

Lee Iacocca, the retired Chrysler executive said in a Fortune magazine article (June 24, 1996); “You plan everything in life, and then the roof caves in on you because you haven’t done enough thinking about who you are and what you should do with the rest of your life.”

Because of the ways the world has changed, traditional retirement, in the old sense of *leisure only*, isn’t for everyone. Nor should you accept it without careful thought. Although some would consider a post-career lifetime on the golf course; Nirvana...sadly many more come to learn after a year of golf, that it is not the great satisfier they thought it would be.

### ***Discovering Your Drivers***

A driver is not a sport or hobby....drivers are personal motivators that we use as a selection tool to choose how to match up our deepest needs with the myriad of activities that are available or sought after. Our drivers are fairly consistent over our lifetime, although we do make different choices to fulfill them. The key lesson to remember about drivers is that they need to be fulfilled, even with retirement!

Consider the case of John, who felt his company was like an extended family. The workplace fulfilled a deep need of his, to belong to an organization-what we call his “belonging driver”. When he retired, he found a way to continue to meet that driver by volunteering at a large nonprofit organization. Other examples of drivers are; creativity, identity, competition, problem solving, intellectual stimulation etc.

Often the drivers are not recognized or unacknowledged for what they do...spur us to fulfillment.

### ***Preparing for Retirement More Fruitfully***

Focused and targeted retirement plans come from a deeper diagnosis of “what makes you tick”. Some introspection and analysis of what your drivers *are* is critical for a successful transition. Secondly, an analysis of how you currently spend your time and what will change considerably after you retire will reveal the “retirement gap”. A good analysis with these components forms a fertile ground for a successful transition plan.

### ***Learning From Those Who Have Done it Well***

For one, trying to plow into all of this, as if you are the first person who has ever retired, OR who ever had concerns about the transition...is, well...just not so. Research exists on thousands of people, who struggled, succeeded, failed, regrouped and learned about themselves in the process. Their struggles ...provide invaluable advice for the rest of us. Grounded in research conducted by the Ethel Percy Andrus Gerontology Center, the key pathways uncovered for a successful transition need to include;

- An understanding of the nature of this transition
- Examining the criteria for deciding when to retire
- Discovering the meaningful and purposive activities described above
- Choosing the right place to live

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- Learning the 9 challenges that married couples face and how to address them successfully
- Learning the unique retirement issues faced by retirees who are single widowed or divorced
- Learning how to avoid feelings of loneliness or isolation in later life
- Keeping up on critical health practices

Learn about these strategies and more....call today for information about The Prospect of Retirement Seminar

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