



MAKE THE MOST OF YOUR RETIREMENT

*** Dare to dream! Dreams are the first step in creating something new**

What you dream about is what you get so make sure you know exactly what has to happen if you are going to make the most of your life stage. Do you have a brilliant picture of what your retirement looks like?

*** Burn the light of hope. Ignite the power of enthusiasm and optimism**

Something to hope for, at either the spiritual or physical level, is essential when you want to continue on after the ashes of challenging times or mishaps have settled. When a cloud of darkness hinders your vision let the light of hope become your faithful inner friend. What path is your light of hope illuminating?

*** Distinguish between wants and needs. Make needs your top priority**

Disappointment is inevitable when you're so keen to get what you want that you forget to check whether the prized outcome will provide your basic needs. Are you about to fall into this trap? Do your wants encompass your retirement needs?

*** Beware of meaning deprivation. Live a meaningful life**

Without meaning there is starvation of the soul. Meaning nourishes the soul and is especially important during retirement when full time paid employment disappears. What are you doing now to ensure that you have meaning in your life?

*** Embrace change. See your life as a never ending journey of discovery**

From the day you're born to the day you die nothing is the same. Keep embracing change and the opportunities it brings, remain flexible and creative and you will avoid becoming defensive and grumpy. When you embrace change you also have choices...are your choices taking you on a journey of discovery?

*** Check out your mind set. Ensure it supports you.**

Your mind set or set of beliefs around your life stage are keys and they can unlock doors that lead to exciting and rewarding opportunities. Are you allowing yourself to use your golden keys to open doors to rich new landscapes? Landscapes that will benefit you in retirement.

*** Celebrate aging. Being is more important than doing.**

As you grow older and wiser you are less able to do what you could do at twenty or even fifty. To make the most of your retirement it is important to let go of the need to do and focus on the need to be. Are you being the person you want to be now? How can you be more of that person?