Her Retirement®

Welcome to

Her Retirement Roadmap® Masterclass

Class 8

Non-Financial Retirement Planning

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There's Two Parts to Retirement Planning:
Non-Financial & Financial

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Retire With Meaning & Money

However You Define Retirement

The cool thing about retirement is that you have an opportunity to design a completely new life…defining your purpose, prioritizing your vitality, cultivating your connections, charting your contributions and securing your financial wellness.

At Her Retirement, we don't do financial planning like the other "guys"…we do life planning with a special focus on helping you retire (however you define it) with meaning AND money.

You can live a better, more intentional and financially secure retirement. However you define better. Seriously, we got you.

"Heck yes, I'm ready to live on purpose. Let's Get Her Done."

Let's Get Her Done

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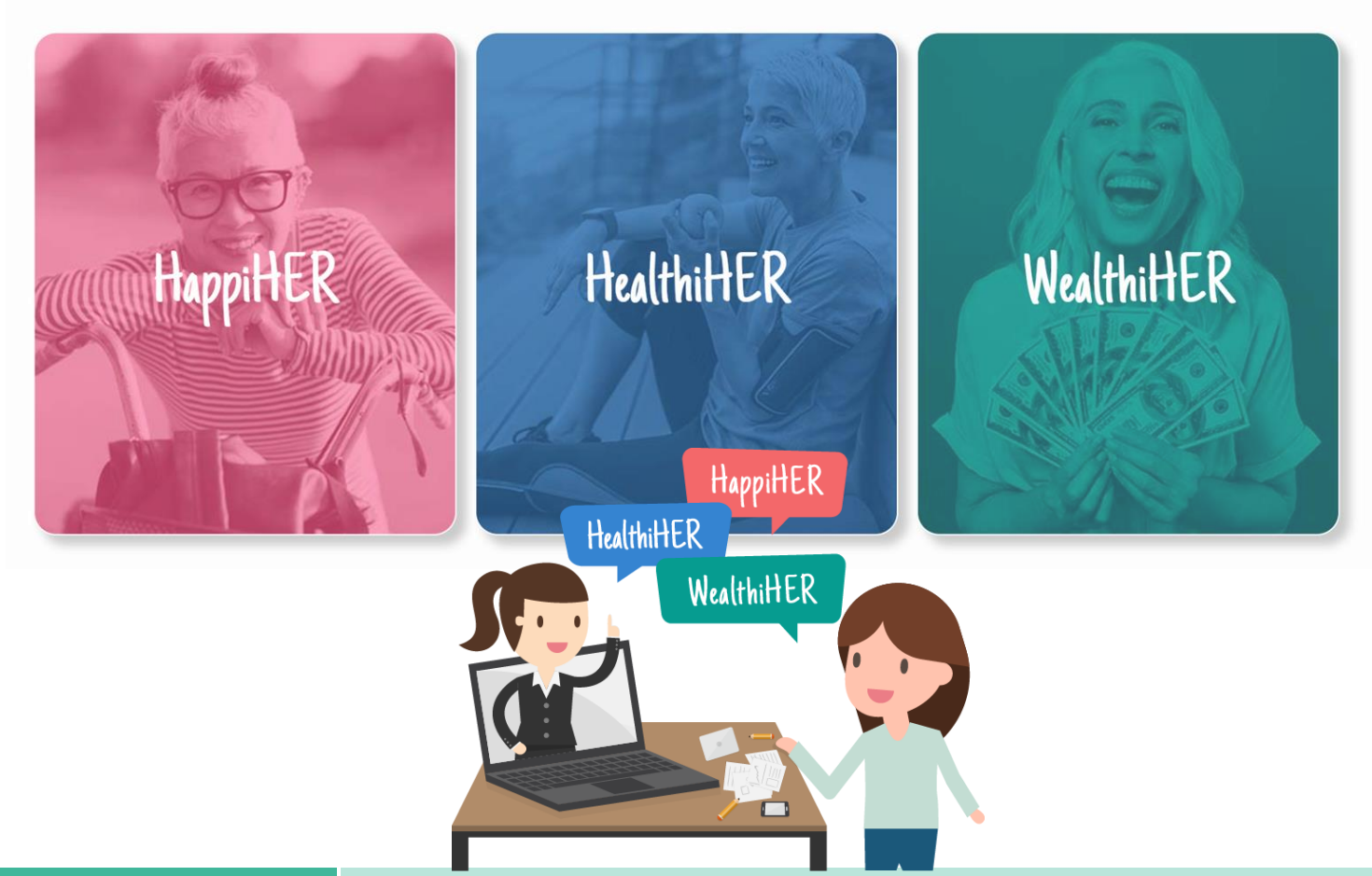
What are "Her" Priorities?
We Women Want More



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Planning a better happiHER retirement is about soul searching and numbers crunching

HappiHER

Life is Good.
But Retirement is Better.

We believe Life IS good, but retirement IS better! And, it can be happier too with a concerted effort to embrace this new phase of life. We know it can be a challenging transition (and an often overlooked area of support). That's why our planning process isn't just about numbers crunching. It's also about soul searching and determining your purpose, your passions, your goals...your why. Sometimes having money and time isn't enough. We need more. This is why we focus on the non-financial aspects of retirement so that you are not just wealtiHER and healthiHER, but happiHER too. Let's Get Her Done.

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Planning a HealthiHER retirement is about protecting you vitality & keeping healthcare costs down.

HealthiHER

96% of retirees say health is more important than wealth.
"People spend their health trying to gain wealth. And then often spend their wealth trying to gain their health."

96% of retirees say health is more important than wealth. We agree....what good is money without health to enjoy it? We know lifespan is increasing, especially for women, but is our healthspan increasing too? And are we prepared for the costs we may incur to protect our health and vitality during a potentially long life? Healthcare may be our biggest expense in retirement so it definitely pays to prioritize being HealthiHER...now and in retirement. At Her Retirement, we help you preserve your vitality and help you plan for the costs to protect it too. Health is wealth. Let's Get Her Done.

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Planning a WealthiHER retirement is about creating income for life & protecting from risks.

WealthiHER

Retirement is about income, not assets.

Planning a wealthiHER or more financially secure retirement is something we all dream of, and the foundation of a better retirement. Even for the most savvy among us, it's no small feat to figure out how and how much money to save and invest; how to create an income for life that supports the lifestyle we desire; how to protect it all from longevity, volatility, inflation, taxes; and how to leave a legacy for our loved ones too. Being wealthiHER is all about knowing more about yourself and your money. It's about creating a plan to get more, keep more and have more (however you define more). We're ready to help you get smartHER, wealthiHER and more secure. Let's Get Her Done.

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I believe what we really want more of is freedom and independence to pursue life on our own terms.

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Your well-being & quality of life in retirement is proportional to the available resources (including but not limited to finances).

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Money is Just a Tool that Helps Us Achieve Our Dreams.

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But lack of it is what 61% of us fear more than dying.

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51% of people over 65 want non-financial advice along with 40% of clients with $1M+

And most financial advisors don't have the non-financial conversation, how do you want to live in retirement?

This is really life planning with a focus on retirement.

NEWS FLASH…
Retirement Planning isn't just about money

The question…How much do I need to retire is really secondary to How do I want to live in retirement?

And most financial advisors don't have the non-financial conversation, how do you want to live in retirement?

This is really life planning with a focus on retirement.

What are you “retiring to”?

Have You Envisioned Your Retirement?

- Among non-retired Americans, only 18% have “very seriously” envisioned life in retirement
- 37% have “somewhat seriously” contemplated the topic.
- 45% have “not very seriously” or “not at all seriously” envisioned life in retirement or simply “don’t know.”

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Exercise #1

Starts with Knowing Your Values…What Does Money Mean to You?

Values are intangible desires; don't carry a price tag; emotional connection. When you know your values, it's easier to make decisions.

- ❑ Security
- ❑ Control
- ❑ Freedom
- ❑ Fun
- ❑ Safety
- ❑ Options
- ❑ Personal Strength
- ❑ Power
- ❑ Influence
- ❑ Peace
- ❑ Influence
- ❑ Giving
- ❑ Good Health
- ❑ Not being a burden on my kids
- ❑ Time with family
- ❑ Time with my friends
- ❑ Ability to volunteer
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____

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Exercise #2

Deathbed Regret List

The most efficient and illuminating process I've discovered for defining and clarifying the core values with which we should live our lives. It forces you to begin with the end in mind.

The exercise has three key steps:

1. List Your Regrets: Make a list of your most likely deathbed regrets. What are the things you know you'd regret on your deathbed? This is deeply personal—don't write down what *you think you should say*, write down what *you will actually regret*. This is an exercise for you, not for anyone else.

2. Establish Your Values: Formulate a set of 3-5 core personal values that are highlighted by your regret list. What are the common themes of the regrets you listed? These common themes are likely to shine a light on the things you value most deeply in life.

3. Determine Your Actions: For each core personal value, determine the actions you can take today to behave in line with that value (and avoid the eventual regrets). Are you currently acting in line with these values, or in a manner inconsistent with these values? Be honest. If you continue on your current path, will you have these regrets? If so, what changes need to be made to avoid them? How can you redesign your life to avoid these regrets?

Example Deathbed Regrets

Deathbed Regret: Not spending enough time with my kids during the Magic Years.

Deathbed Regret: Not spending enough time with my parents during their remaining years.

Deathbed Regret: Not training my body and mind during my middle years.

Deathbed Regret: Allowing true friendships to atrophy over time.

Deathbed Regret: Letting money control my life.

Deathbed Regret: Allowing true friendships to atrophy over time.

Deathbed Regret: Allowing negativity to linger in my life.

Deathbed Regret: Not leaving something that lasts beyond my life.

Deathbed Regret: Wasting precious time stressing about stupid little things.

Deathbed Regret: Not working on things I consider meaningful.

Deathbed Regret: Allowing my quest for more to distract me from the beauty of enough.

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Exercise #2

What Are Your Deathbed Regrets?

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Exercise #3

A Whole Host of Non-Financial Questions?

- Am I Emotionally Ready for Retirement?
- Am I Physically Ready for Retirement?
- How Will I Spend My Time?
- What's My Retirement Purpose?
- What Are My Real Retirement Goals?
- Who Will I Interact With the Most?
- How Am I Protecting My Vitality?
- How Will I Contribute in Retirement?
- What's the Biggest Challenge I'll Overcome in Retirement?

Note: if you're partnered up, it's CRITICAL to discuss each of your values, and get on same page or compromise.

Exercise #4

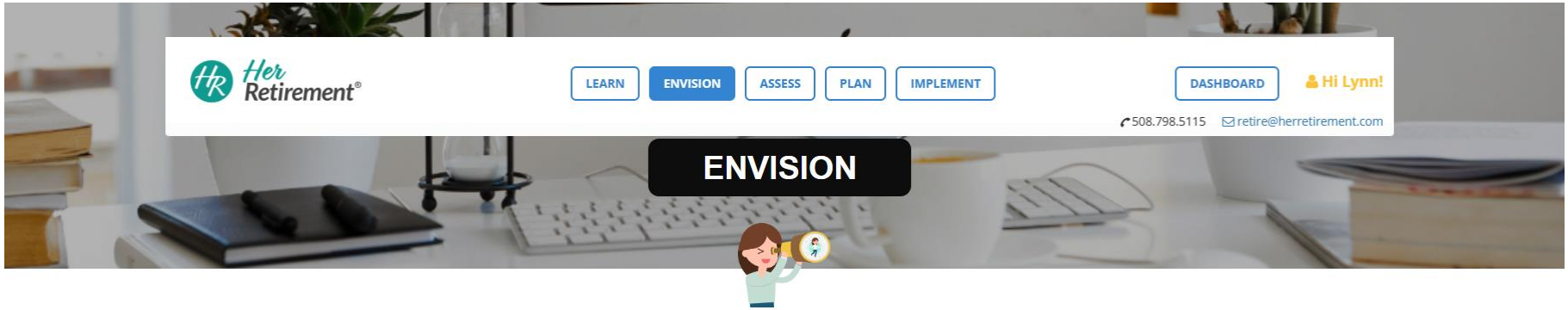
After Values, Define Your Financial Goals?

Tangible things or experiences carry a specific monetary value.

- Financial independence
- Financial security
- Travel, hobbies, start a business
- Live where you want (e.g., in current home, vacation home)
- Provide financially for children or grandchildren

Exercise #5

Go to the Envision Module in the Software



Are You Ready to Create a Vision for Your Retirement, Lynn?

Creating a vision for your retirement might seem a little too touchy feely for some or a complete waste of time. However, studies prove creating a compelling vision of the retirement you desire is actually one of the most powerful strategies you can implement. A vision is like a compass which helps guide you to take the most appropriate actions and make the right choices that help propel you toward the retirement you've imagined.

Click the + sign in the blue bar below to read the Why & How of Visioning, and then complete the questions and exercises in the blue boxes below. You'll be able to see a summary of all your answers after you complete each section. It's a great idea to re-visit this Module and see how your answers change over time.

Help

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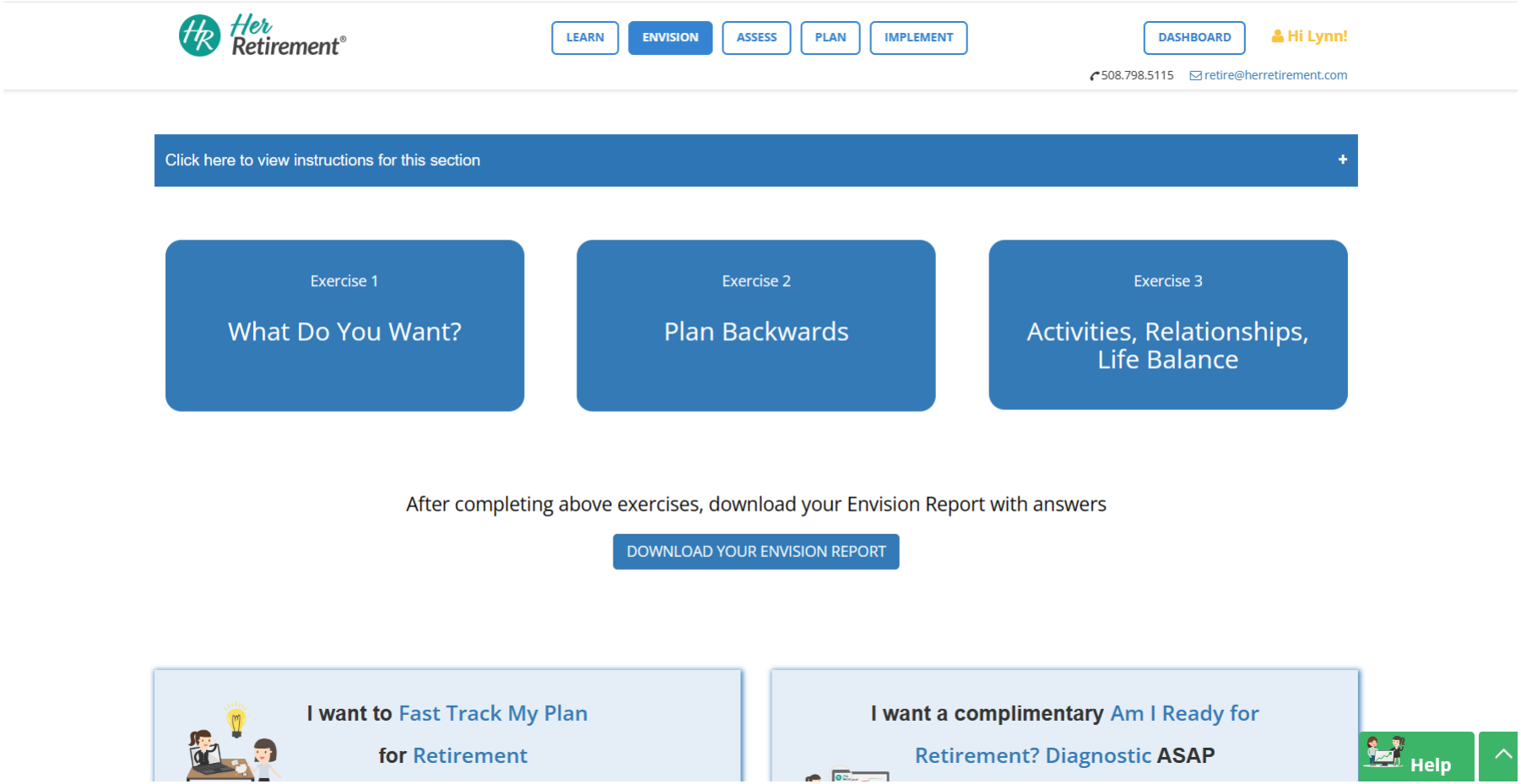
Exercise #5

Explore & Complete These Exercises



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Exercise #5
Explore & Complete These Exercises

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LEARN | ENVISION | ASSESS | PLAN | IMPLEMENT

DASHBOARD Hi Lynn!

508.798.5115 retire@herretirement.com

What Do You Want?

Ah...the simple question that is sometimes hardest to answer. In this step allow yourself to dream...big. Sometime opening up the "anything is possible" box is scary, but allow yourself to go there, if only in your thoughts. It's really important to give yourself reminders that living a fulfilling life just doesn't happen by accident. It requires dreaming, visioning, planning and taking action. We like to call this Retirement by Design, and that's really the essence of this Envision Module and all the exercises here.

You'll want to create as vivid a picture as possible. If you find this hard, focus on how your retirement will feel and some major things you would like to do in retirement. Rather than think too far in the future, feel free to start with your vision for the next few years. Don't leave any stone un-turned as you consider all facets of your life: personal, professional, family, spiritual, relationships, nutrition, entertainment, lifestyle, health.

Questions to help you think about what YOU want

Remember: this isn't about being correct or answering in the way you think you should answer. It's not about what your spouse or partner thinks (he/she can create their own account and answer these questions).

What are your priorities in life?

CLICK HERE OR ANSWER TO EDIT

How do you define happiness now and in retirement?

CLICK HERE OR ANSWER TO EDIT Help

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Exercise #5

Explore & Complete These Exercises

Plan Backwards

Start at the end. Sometimes it's helpful to make a plan and a vision around the last step and work backwards from there. Next think about your first step and the steps that follow. Consider how you'll bridge the gap between where your life is now and where you want to be in retirement. Try not to get overwhelmed by the amount of activity required to reach that end vision. Rather, focus on each step as a separate, reachable goal.

Don't forget to check in on your vision as your life plays out. Maybe you do this once a year to see what you want to change. Life changes so your vision may change too. That's okay. For now, what matters is going through a visioning process, asking yourself some serious questions, doing some soul searching, some exercises (below), and then putting it all in writing in a journal and/or a vision board to formalize your commitment to your vision.

A few prompts to get you started:

Working from the end, what would have to have happened for you to have lived the best life possible?

CLICK HERE OR ANSWER TO EDIT

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Exercise #5

Explore & Complete These Exercises

More Than Money Exercises

Here we offer 4 exercises to help you envision your life beyond the financial aspects. If you have a husband or life partner, these are valuable exercises to do together.

Other helpful resources to help you envision your retirement:

How a few couples are living their retirement

Make sure you include relationship in your vision:

This Ted Talk explains why

Your emotional 'glide path' is as important as your financial plan:

You're probably not ready to retire — psychologically

Exercise #1

RETIREMENT ACTIVITIES

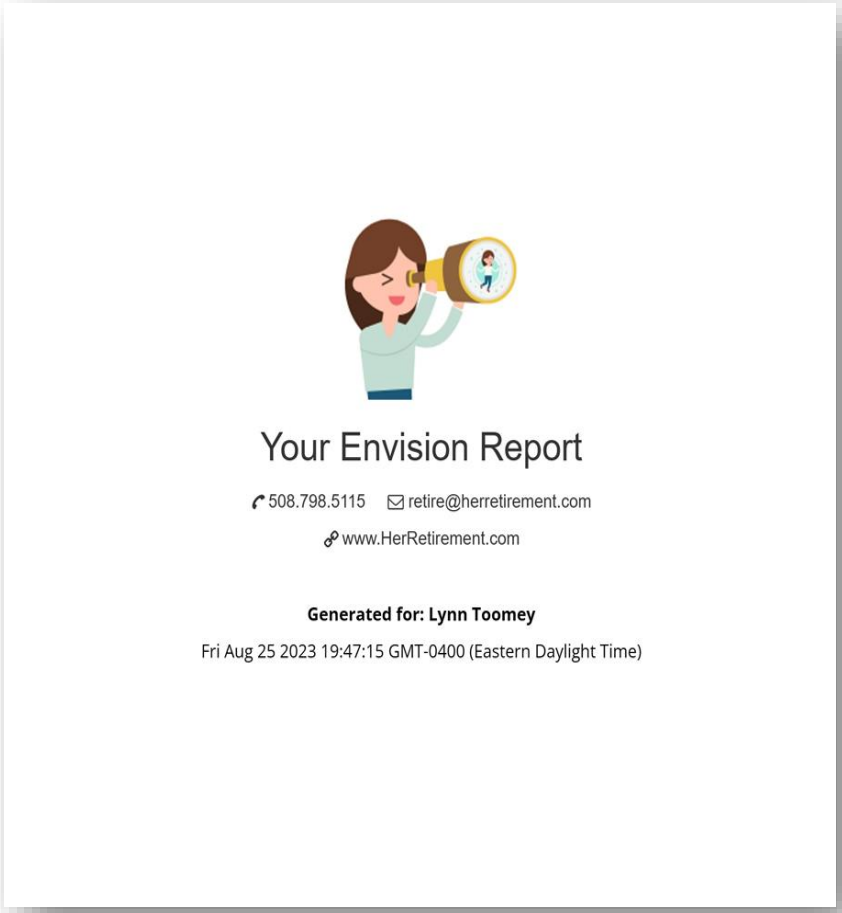
"The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives."

Albert Einstein

Help

Exercise #5

Download a Report of All Exercises



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Northwestern Mutual Life studied financial discipline and happiness.

People that were planners were much more likely to say there were happy in retirement.

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It's all about having a plan you not only understand, but have 100% confidence in.

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It's the decisions we make, followed by the actions we take, that dictate who we are and what we can become.

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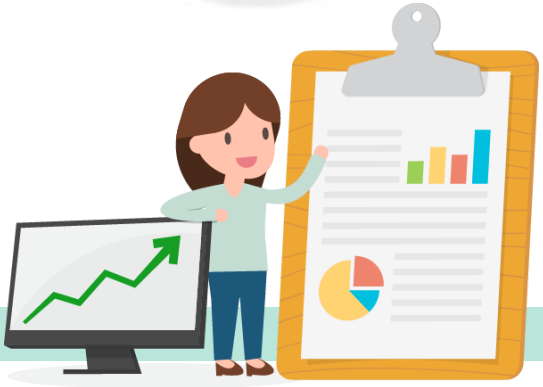
It Starts with Becoming a Student & Steward of Your Retirement



"I'm ready to prioritize me and Get Her Done."

Exercise #6

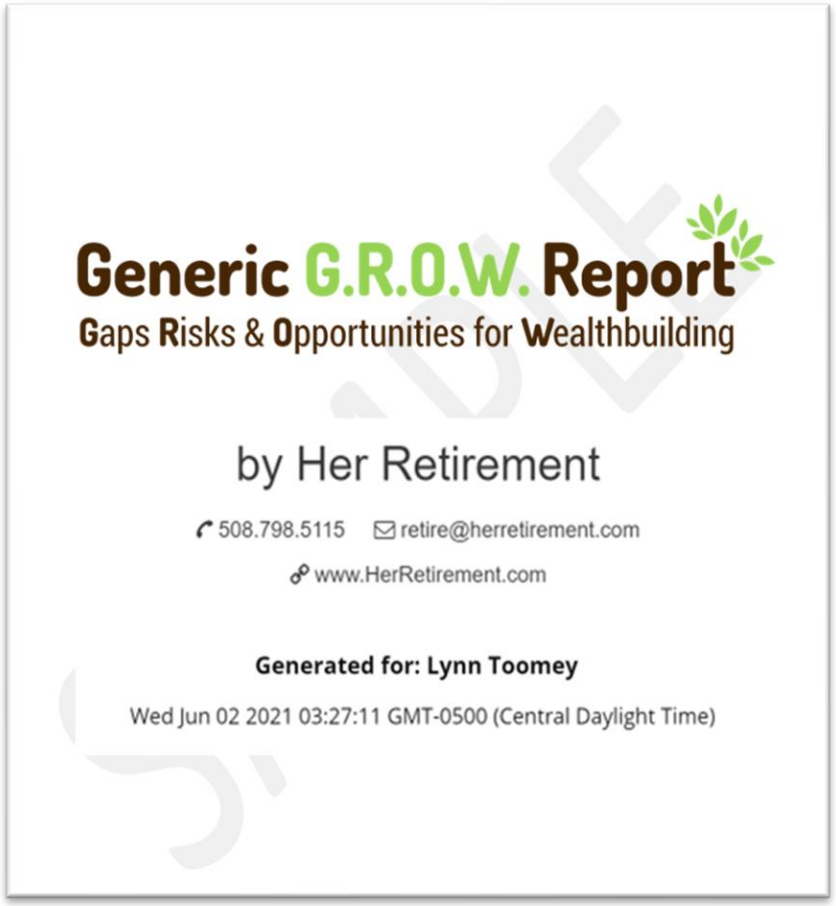
What's Next

- ❑ Use all the resources in the Masterclass portal
- ❑ Use the Her Retirement Platform
- ❑ Apply for my complimentary retirement G.R.O.W. Diagnostic
- ❑ Let's talk about coaching
- ❑ Let's talk about a financial plan for YOUR retirement
- ❑ Tell a friend about Her Retirement and the Masterclass (I offer a referral bonus)

Apply for my G.R.O.W. Diagnostic

(complimentary assessment to determine gaps, risks and opportunities for wealthbuilding)

Go to this link:
Her Retirement



How Do I Know What Type of Advisor I Need to Help Me With All of This Stuff?

Advisor Suitability Quiz

- How confident are you in your current financial plan?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT
- How confident are you in your retirement plan (savings & investments, taxes, insurance, home equity, healthcare, estate planning)?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT
- How confident are you in the amount of savings and investments you have for retirement?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT
- How confident are you in determining your retirement income distribution strategy (while minimizing taxes)?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT

Advisor Suitability Quiz

- How confident are you in making your own short term and long term investment decisions (and not making knee jerk reactions) in market downturns?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT

- How confident are you in your portfolio allocations to balance growth and protection (right ratio to protect against short term and long term volatility)?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT

- How confident are you in determining the right Social Security claiming strategy to maximize your benefit in light of all your other income sources?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT

- How confident are you in understanding how your home equity can be used in retirement?
  1-CONFIDENT2-SOMEWHAT CONFIDENT3-NOT CONFIDENT

Total Score . If you score anywhere from 14-24, it's likely that a financial/retirement advisor will be able to improve your retirement outcome.

Guide to Advisors

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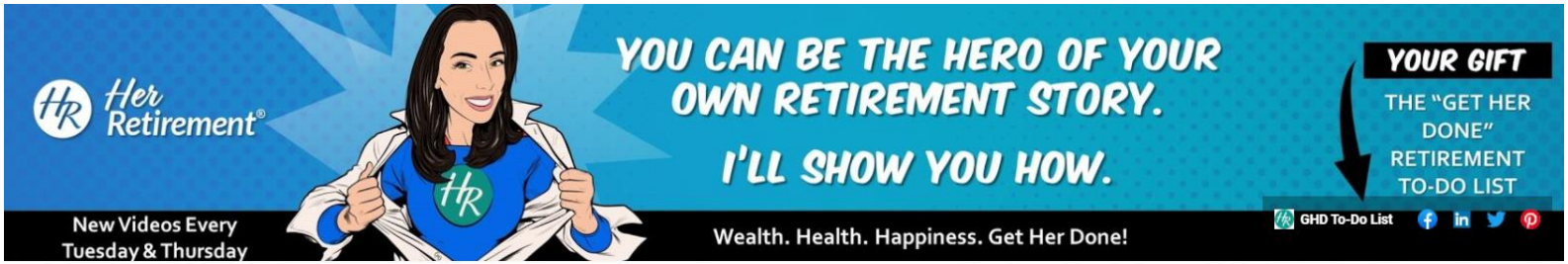
Get more support, information and inspiration

from my podcast, Youtube channel and private FB group



Links...

- Her Retirement Website
- Retirement Solved Readiness Platform
- Lynn's Blog & Podcast
- Lynn's Private Her Retirement Facebook group
- Lynn's Youtube Channel
- Lynn's Big Book of Retirement Qs&As

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Exercise #16

Other Retirement Roadmap Steps

- ❑ Enjoy life NOW & get serious about physical and mental health
- ❑ Find a retirement planner/advisor
  - ❑ Create and implement a Know More. Have More Life Plan
    - ❑ Consider your values/goals/lifestyle desires and challenges/risks
    - ❑ Pre-Retirement optimization
    - ❑ Understand & address risks
    - ❑ Determine the H.E.R.O.S. that will benefit you
- ❑ Live a HappiHer, HealthiHer and WealthiHer life and retirement

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Let's meet Jane…she's sitting pretty (literally) because she followed the process, planned around the challenges and feels more confident.

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This is Sue…she didn't.
She's still stressed, worrying and wondering.

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Do You Want to Be Jane or Sue?

Take action and hold yourself accountable. This class and our platform can help get you started, keep you going and hold you accountable while also connecting you to the resources you need.

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Remember, at Her Retirement we can connect you to your financial planning & longevity planning team

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What Did You Think of the Masterclass? (I'll be sending you a survey) ☺

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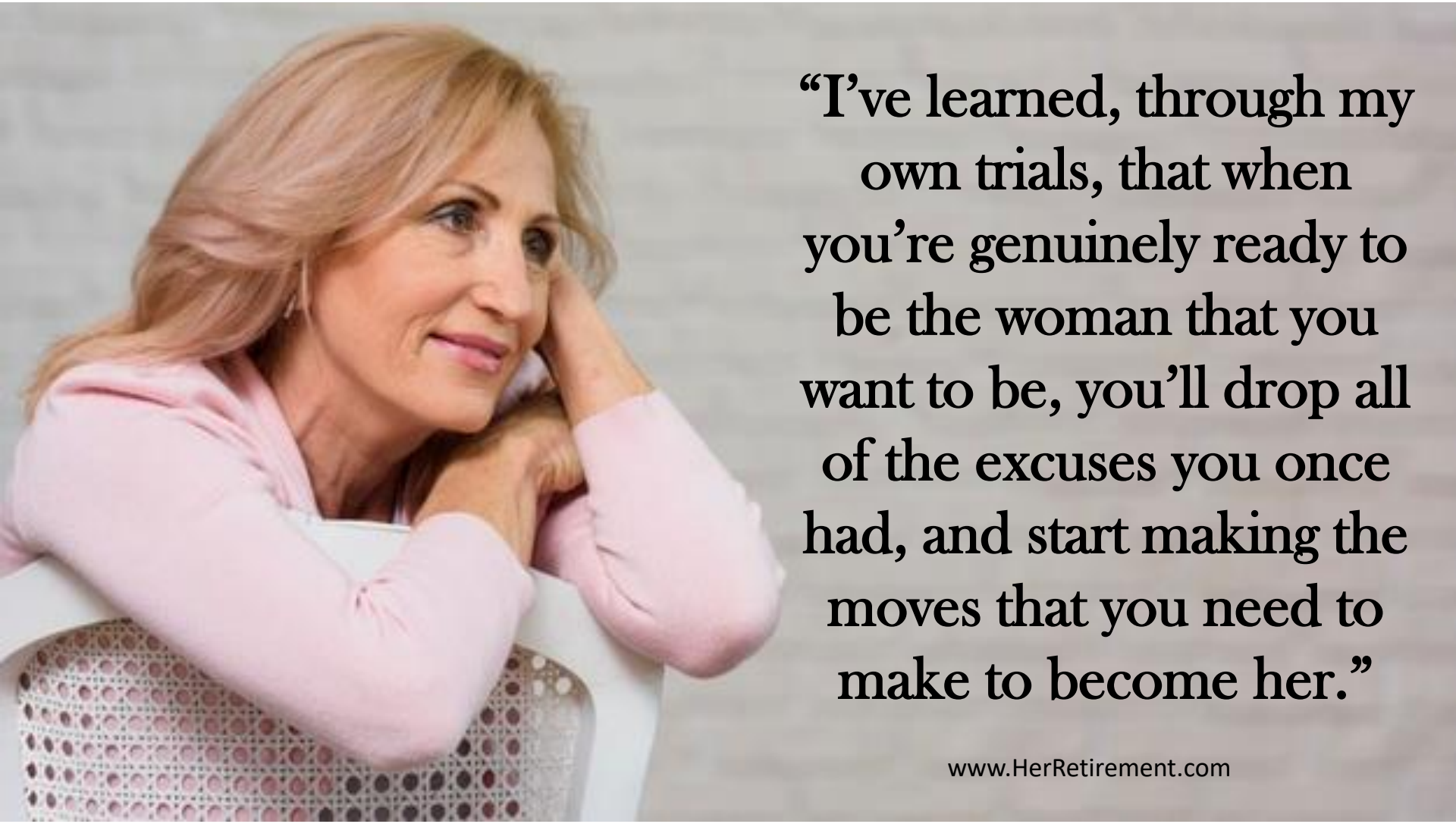

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Thank you for joining me.

HappiHER. HealthiHER. WealthiHER.

Let's Get Her Done.