Envision

Are you ready to create a vision for your retirement, Lynn?

The following exercises will help you envision your retirement in a few areas, other than money. You'll complete 4 exercises in this module: retirement activities; relationships in retirement; life balance in retirement; and your action plan

Visioning exercises are like lighthouses which guide us across un-chartered seas toward our desired future. Lighthouses aren't the destination, but we navigate toward them to reach our ultimate destination. When you envision your retirement, you don't need to create an exact vision, but a general idea of where you'd like to end up. If you spend your life trying to reach an exact vision, you may end up missing out on other opportunities that come along with life's turns. The point is, visions simply help us to make sure we are going in the right direction. Please use the resources below to help you create your own vision of retirement.

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**

Involvement in rewarding and enjoyable activities leads to living a satisfying retirement. Each of us has life values that are unique to ourselves and these values influence the activities that we pursue now and would like to pursue in the future (i.e. during retirement).

The following exercise is designed to help you identify retirement activities that line up to your values.

Step 1: Place a check mark beside the values in the following list that are important to you.

	Independence		Respect
	Financial security		Completing what I start
	Authority		Status
	Achievement		Popularity
	Recognition		Helping or caring for others
	Community Service		Creativity
	Opportunity to learn		Excitement
	Being productive		Making a difference
	Flexibility		Working with people I like
	Stimulation		Challenge
	Mastery of skill		Novelty
	Fulfilling my potential		Variety
	Having fun		Having structure in my life
	Teaching or mentoring others		Living a balanced lifestyle
	Being part of a group		Spending time with friends and family
	Having time for myself		Keeping fit
	Self-improvement		Sociability
	Learning new things		Being well organized
	Self-confidence		Appreciating nature
	Being involved in sports		Earning an income
	Working with my hands		Spiritual development
	Inner harmony		Wealth
	Having an influence		Feeling secure
	Contemplating		Having a sense of purpose

Step 2: From the previous list, choose 5-10 values that you most want your life to reflect. Put a check mark beside the values that are currently being met in your work life. In the third column, identify how this value could be met during retirement.

Example:

Value	At Work	During Retirement
Financial security	√	*Employer pension, CPP/OAS and sufficient RRSP savings*
Community service		*Volunteer work at local hospital (fund raising) and church committee.*
Having fun		*Golf, ski and travel*
Keeping fit		*Join local YMCA, golf and ski*
Learning new things		*Learn to speak Spanish*

Your turn:

Value	At Work	During Retirement

Exercise #2

RELATIONSHIPS IN RETIREMENT

> ***"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart."***
>
> **Helen Keller**

Like many things in life, relationships will change as we enter retirement. Whether it is with your spouse/partner, other family members or friends, the transition from working life to retirement brings changing roles and environment. How one adapts and reacts to these changes is key to achieving enjoyment and fulfillment in life.

EXERCISE:

Let's start by identifying the significant relationships in your life and then consider how they may change or be impacted by your retirement. Place a in the second column of the following table to identify important relationships that exist for you. In the next two columns write down a few brief thoughts on how this relationship may change or be impacted for you and how it may change or be impacted for the other party.

Relationship	✔	Change/impact on you?	Change/impact on other?
Spouse/ Partner			
Children			
Grandchildren			
Parents: - yours - spouse's			

Relationship	✔	Change/impact on you?	Change/impact on other?
Siblings			
Friends			
Pet(s)			
Other (list):			

1. What can you do <u>in advance</u> of retirement to address the changing dynamics of these relationships and to help maintain rewarding and fulfilling interaction? Think about actual strategies/actions for each relationship.

2. Retirement can bring an end to the workplace social network that may have played a significant role in satisfying social interaction needs. Also, social networks can change and may actually shrink as we age. Need for positive social interaction continues in post work life. How can you maintain and/or grow your social networks in retirement?

3. Have you given thought to care for aging parents (yours and/or your spouse's) in retirement? If you have not already encountered this, you may find that it could have an impact on your lifestyle in retirement (e.g. time, financial, emotional). How do you think care for aging parents could impact you? Is there anything that you might be able to do to prepare for this?

Exercise #3

LIFE BALANCE IN RETIREMENT

Retirement presents a whole new lifestyle in a fairly dramatic manner – almost an overnight change. Coming out of a career and into retirement typically provides one with 2,000 newly found hours each year. Something to keep in mind as you consider how you would like to use your newly found time is balance. Balance between the things that you believe you need to do and balance between the things you would like to do. Answering the following questions can help to understand what your balance may look like.

	What are the things that I must do?	**What are the things that I want to do?**
Daily		
Weekly		
Monthly		
Yearly		

Exercise #4

ACTION PLAN

Working through this section, you may have developed new or additional ideas about what you want your life in retirement to look like or you may have simply brought greater clarity to existing ideas. As you plan and prepare for this next exciting stage of life, it is common to realize that you have some things to do in advance to position you well for retirement. This Action Planning table can help you identify what you need to do and then see these things through to completion.

Goal	Actions Required to Achieve Goal	Timing