

# LifeMap<sup>SM</sup>



"LifeMap is a navigational tool to help you on your path towards personal and professional success. Our belief is that you can achieve a more rewarding career, a more productive organization and a more enjoyable and abundant life."

April 2012

## This Month's Message:

### The Time of Your Life.

#### Paths Forward

#### • Need Career Coaching?

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### The Time of Your Life.

One of the more popular topics that I'm asked to present or speak on these days is the issue of retirement. This seems to be due to the increasing numbers of baby boomers hitting a "certain age."

• Tired of boring meetings??

Resources

### Quick Links

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"certain age".

The questions I hear most frequently focus in the areas of preparation for retirement and the actual transition into retirement life. I find it interesting to note that there is a large amount of overlap in the counsel I have developed on these two closely-related topics. Before I delve into some constructive ideas about these two areas I'd like to share a couple of observations that I've made based on those who have attended my talks on these topics.

The majority seem to fall into one of two large categories. The first consists of those who are precisely counting down the years, months, weeks until they can retire ending with a day circled in red on the calendar. The other group consists of those who hardly focus on the topic at all until that day is almost upon them. A further observation is that neither group is especially prepared for the process other than a fairly recent increased (and most beneficial) focus on the financial aspects thereof.

Before reading the rest of this edition of LifeMap please do yourself a favor. Take a moment and do a quick self-assessment. At this point in time, regarding retirement, are you in "countdown" mode or are you in the "head down /shoulder to the wheel/ I'll deal with it later" mode? There is no right or wrong answer. But taking an honest look at where you are on this major life issue will help you answer the next question which is: "If I truly want an enjoyable, satisfying, engaged and abundant retirement life what should I be doing - right now - about it?" If you have honestly answered the first question I'll help you answer the second with some thoughts on how you can move forward on the path toward what can be the best time of your life.

### Paths Forward

\* **It's a Process** Retirement is not a date on your calendar; it is not an event. It is a process. It is not a transition; it is a *series* of transitions. You would not change your job, change your career, change your finances, change your residence, change your social network, or change any other major aspect of your life without doing some major planning. Each of these distinct life elements change as one retires and each needs your attention. Starting early to think through and discuss how you want to handle these changes will ease your transition into retirement life. Resource: [Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love](#) Author: Lloyd, MaryPublication info.

Hankfritz Press 2009

\* **Blue Sky Thinking.** Ah, here's where the fun really begins. My research over the years into lottery players and lottery winners has revealed that most never really thought they would win but they derived real enjoyment from fantasizing about "what if". Well here is one lottery that I know you can win - because you get to define what "winning" is. What is it you've always dreamed of, what have you always wanted to do or try or explore or read or teach or . . . Let your mind run free. This final third of your life can be the *best third* of your life but it won't happen all by itself. You've got to put some mindpower into figuring out what will comprise the active, engaged and abundant retirement you're hoping for.

Resource: [The Spirit of Retirement : Creating a Life of Meaning and Personal Growth](#) Author: Autry, James A  
Publication info. Roseville, Calif.: Prima Publishing, 2002

\* **Goals Still Matter.** It may seem antithetical to the very idea of retirement to talk about retirement goals. While I am not talking about a management by objectives approach to retirement I have found that retirees that have a plan and activities that they want to try out and experience have an easier time figuring out what to do when the alarm clock suddenly does not beckon every day at a set time. The need for structure and motivation does not cease with retirement.

Resource: [The New Retirement: Revised and Updated: The Ultimate Guide to the Rest of Your Life](#) Author: Cullinane, Jan and Fitzgerald, Cathy  
Publication info. Rodale Books; Rev Upd edition (August 7, 2007)

\* **Networking Still Works.** For all of your working career you've known that networking was essential. Networking remains an invaluable tool as you prepare for retirement and transition into retirement There are folks out there who have faced these challenges before. Some have been more successful, some have been less successful. But all of them have insight into the process and experiences from which you might learn as it applies to your own retirement goals and life. Your retirement life will be your own creation but that doesn't necessarily mean that you have to invent every aspect of it yourself. Resource: [Work Less, Live More: The New Way to Retire Early](#) Author: Clyatt, Bob  
Publication info. Berkeley, CA: Nolo, 2005

\* **Not Everything Will Work.** Maybe you've always wanted to travel but find out later how tiring or expensive it can be. Maybe you thought about teaching but the caliber of students

you first find are not up to your standards. Perhaps you always wanted to serve on the board of a not-for-profit but learn that the one you had in mind is doing quite well without your expertise. So what? This is a time for experimentation and trying out new things. Inherent in that notion is the reality that some stuff won't work out as you had hoped. Your work career went through a few twists and turns; why shouldn't your retirement career do the same. Plus - I suggest you set your standards high and look for satisfaction, engagement, intellectual challenge, and last but not least - fun! Finding all that in only one or two places might not be as easy as making a tee time or visiting your favorite fishing hole. Keep at it. Resource: [The Joy of Retirement: Finding Happiness, Freedom, and the Life You've Always Wanted](#)  
Author: Borchard, David and Donohoe, Patricia  
Publication info. AMACOM 2008

**\* Working Versus Not Working.** About half of retirees return to some type of work within a year of retirement. For some this is a financial necessity. If this is you I strongly advise you to seek something even more enjoyable than the job you recently left. What some others have shared with me is that they go back to work because they don't know how else to fill up their time; this is something you can avoid if you start now. Others discover that such "work" as consulting, volunteering, or mentoring (often for little or no monetary return) can provide satisfaction in excess of their former job but with a new and enjoyable flexibility. An essential thing to remember here is that getting out of the house regularly for any engaging activity will provide the social interaction and intellectual stimulation that many miss after they retire. There is no one correct answer to the working /not working question. There is only the answer that best fits you at this point in your life. Resource: [Winning Job Interviews](#)  
Author: Powers, Paul, Dr. Publication info. Franklin Lakes, NJ: Career Press, 2009.

**\* You're Not Done.** Not by a long shot. If you think you're done then you're done for. Take a look at the actuarial tables. If you are in reasonably good health there are plenty of years yet ahead of you. The big question is will you put enough thought and energy into creating what can be the time of your life. For additional ideas go to [www.drpaulpowers.com](http://www.drpaulpowers.com), click on [LifeMap Archive](#), and scroll through to find other editions that focus on this topic.

**LifeMap** is about helping you to prepare now for an engaged, abundant and satisfying retirement life and enjoy the

transition when you get there.

### · Need Career Coaching?

The best investment you can make is in your career, your future and yourself.

email [drpaul@drpaulpowers.com](mailto:drpaul@drpaulpowers.com)

### · Tired of boring meetings??

Have Dr. Paul speak at your next off-site meeting or conference. Fast-moving, practical, motivating presentations from an acknowledged leader in the field of career and personal success.

**<http://www.drpaulpowers.com/speakingschedule.html>**

### Resources

· Are you or someone you know job hunting or thinking about it?

The best, concise, all-round job changing guide available. Revised Edition [Winning Job Interviews](#) by Dr. Paul Powers.

In this easy-to-follow, step-by-step book, Dr. Paul Powers demystifies job interviewing, explains why the process actually favors the job hunter, and shows how you can dramatically improve your interview skills.

Packed with solid, practical information and laced with both humor and "kick in the pants" motivation, *Winning Job Interviews* is the book you wished you had before your last interview... and is mandatory preparation for your next one!

· Stalled at work? Still struggling to find your true vocation?

Or know someone who is? Order your copy of [Love Your Job! Loving the Job You Have, Finding A Job You Love](#) by Dr. Paul.

**<http://www.drpaulpowers.com/booksandarticles.html>**

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**Sincerely,**

Dr. Paul

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