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How To Find Your Passion In Retirement

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In my opinion, living a passionate life is the ultimate personal and financial achievement. People make their way through life and into retirement in various ways. But it's the time, experience, and wisdom that individuals accumulate on their way that make it an ideal time to find a new, or live out an existing passion.

Living retirement with a passion helps resolve personal and financial issues common among both new and longer-term retirees, including replacing one's work identity, staying socially connected, and remaining mentally sharp as well as physically strong. It can give retirees something to be thankful for every night and a reason to wake up smiling every morning.

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Finding your passion isn't as difficult as one may think. I personally had a formula handed to me several years ago at a conference I was attending. A person I didn't know approached me and asked, "Are you passionate about your work?" It was a question I'd thought about before but had never been asked ... and let's just say I wasn't as prepared to answer as I'd hoped.

After a short pause, this stranger helped me move beyond my stumbling response by saying, "You'll know you have found your purpose in life when you can say that your pursuit of it is **Timeless, Tireless**, and causes **Contagious Energy**. It was definitely an "A-ha!" moment for me, and one that I have never forgotten.

It's important to carry that concept into retirement because, for some reason, people think retirement is so different, almost foreign when it's compared to the life they were living while employed. But there is nothing magical about retirement itself. Retirement is a blank slate where each individual who approaches it



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must fill it with what is important to them. It's also a privilege that many people never get to experience, so the time allotted to a retiree should be approached with purpose and intention. For added perspective, consider that there is nothing automatic about retirement. It doesn't just unfold into the greatest time of your life. It takes time, practice, and concentrated efforts to make it the best it can be.

My simple starting point toward living a passionate retirement includes asking yourself the following questions:

- 1) What feels timeless when you do it?
- 2) What can you relentlessly pursue without ever growing tired of?
- 3) What is a constant source of energy in both your words and actions?

Taking the time to reflect on these questions on a regular basis can make you a member of a very exclusive club, and put you years ahead of less-prepared people moving toward retirement. There is a catch however. Like other aspects of life, finding and living a passionate retirement isn't free or easy. It takes time, requires discipline, demands commitment, and won't come without practice.

Whether your retirement passion ends up being some form of

mentoring, higher learning, traveling, gardening, or helping others you'll probably have to make some sacrifices to make it a regular part of your life. It could be as simple as sacrificing time away from TV or something more impactful like time away from family and friends.

Unfortunately, too many people expect that their passion or mission in retirement will just come along one day, like a birthday or holiday, and just reveal itself. But just as I had my own A-ha moment when the concept was revealed to me, so too may be the case if you're willing to put yourself in situations and circumstances that expose you to new and different opportunities.

I'm sharing these thoughts and suggestions with you because often times I see people transition into retirement with no plan to address the non-financial aspects of retirement... specifically, ways to stay connected to family and friends, live a fit and healthy lifestyle, and stay mentally at the top of their game. This situation can partially be attributed to financial services and marketing companies harping on the financial aspects of retirement. But what a retiree can gain by devoting their time, energy, and resources to living this time passionately can be vastly more rewarding than any amount of money that comes from saving



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