

Retire Well: The Personal Side of Retirement Planning

This program is brought to you by:



Where today's experts help you secure retirement.

Retirement myths

- Retirement is only a financial event
- The personal side will fall into place
- Work is bad / leisure is good
- Couples like and know each other
- More time means less stress

Perform a reality check on your perceptions about:

- Volunteering
- Part-time work
- Family
- Health
- Social network

Making a successful transition to retirement takes

- Work
- New knowledge and skills
- A fresh mindset
- A commitment to work through challenges

Create a written plan to address the non-financial aspects of retirement:

- Mental
- Social
- Physical
- Spiritual

Action Plan

1. Describe your perfect day and week.

Complete the daily planning calendar on Page 2 of this Action Plan.

2. How will I create a new social network?

3. I will prepare to retire "with" new habits such as:



Robert Laura, CPRC, is the Retirement Activist who is committed to changing the way people think about and prepare for every aspect of retirement. His nationally syndicated columns at Forbes.com and Financial Advisor magazine reflect his ground-breaking efforts to challenge the status quo of traditional retirement planning.

For more information about his and other Retirement Smart courses, visit www.retirement-resource-center.com or "Retirement Smart" on Facebook.



Leading experts for middle income Americans - BEFORE, AT AND DURING YOUR RETIREMENT

Plan Your Perfect Week

Monday	

Tuesday	

Wednesday	

Thursday	

Friday	

Saturday	

Sunday	

Places to Go

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People to See

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Things to Do

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Special Reminders

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Notes
