



TRANSITIONING IN RETIREMENT

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Six Major Paths in Retirement

(Nancy K Schlossberg, Ed D)

- **Continuers** modify their activities while continuing along a similar path.
- **Adventurers** pursue an unrealized dream or try something new.
- **Easy gliders** decide that retirement is the time to relax.
- **Searchers** are looking for their niche. Any one of us may be a searcher.
- **Involved spectators** still care deeply about their previous work but are no longer players.
- **Retreaters** disengage, often becoming depressed and couch potatoes.

Who Are You?

Your values

Your personality

Your purpose

Your strengths



Look
inward



Your Purpose

- If money didn't matter, what would you be doing?
- What makes you feel happy and alive?
- What are you passionate about?
- What is something that you enjoyed when you were younger?



What are your values

- They are the beliefs that guide you in your life.
- examples: caring, creativity, ethical, family, friends, honesty, loyalty, freedom, service, security, wisdom



Your Strengths

- What are your unique characteristics/skills?
- What do you excel at/ your achievements?
- What are your hobbies/special interests?
- What have others complimented you about?

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Enhance Your Focus

Develop your skills

- Take a class
- Seek out mentors
- Network with like minded community
- Use social media (affinity groups)



Rehearse Your Focus - Tips

network: (*friends, family, mentors, professionals*)

leverage social media: (*LinkedIn, Facebook, Instagram, Pinterest, Twitter, Etsy, etc.*)

know your worth: (*payscale.com, salary.com, glassdoor.com*)

use websites for leads: (*Upwork.com, Freelancer.com, TaskRabbit.com, etc.*)

create a website/blog: (*helps to build a strong brand*)

update your resume: (*for paid & volunteer work*)

be positive and “Toot” your own horn.



Relocating in retirement considerations



- ✓ **Spouse/significant other/family**
- ✓ **Climate**
- ✓ **Tax Burden** (state income, local sales, property & estate)
- ✓ **Healthcare** (insurance, Medicare hospital/doctor costs)
- ✓ **Employment Opportunities** (28% of retirees continue to work)
- ✓ **Quality of life**
- ✓ **Cost of Living**

Online Tools – Relocation



Niche.com - reviews for towns, neighborhoods with grade A+ through F (schools, housing, safety, diversity, etc.)

livability.com – provides basic statistics on cities (population, race, gender, economics, etc.)

AreaVibes.com – ranks cities from 1 to 100 considers, cost of living, crime rate, work, weather, education, real estate, etc.)

BestPlaces.com – ranks cities based on weather, cost of living, population, transportation, schools, and housing.

teleport.com – outside of U.S. Displays summary of city, quality of life, cost of living, pros/cons, etc.

Possession Management in Retirement:

- Make a plan (take your time)
- Determine monthly housing budget
- Identify divestment strategies (gifts, sales, donations and discarding)
- Understand your emotions – stress, fatigue, regrets, feeling of empowerment/optimism for life
- Save only what matters to you

Reference: Downsizing by David Ekerdt

Your Transition -Summary

- *Define your concept of retirement.*
- *Identify your purpose, strengths and values to create a focus. (Look inward.)*
- *Develop it.*
- *Rehearse it.*
- *Have a plan A and a plan B. (C & D)*
- *Adjust your plans periodically.*



**WHAT IS THE ONE THING THAT YOU CAN DO
TODAY TOWARDS YOUR TRANSITION?**
