

PLANNING FOR YOUR PURPOSEFUL RETIREMENT

When you think of retirement planning, do you consider only finances and accumulating enough assets to live comfortably once you leave the workforce? Instead, imagine how you hope to spend your time once you stop working for a paycheck. This change in focus can help your financial advisor determine the best solutions to help you achieve your goals and enjoy a more comfortable retirement.



What are the purposeful and fulfilling goals you want to retire to? For some, the answer is playing golf or pickleball and for others it might be traveling or volunteering. Whatever your retirement dreams are made of it is important to have purposeful goals, and it is those goals that could help drive your financial strategy.

Finding meaningful activities can be vital to one's satisfaction in retirement. A recent study found that finding purpose in retirement correlates to greater levels of happiness and health as **97% of retirees with a strong sense of purpose say they are generally happy**, compared with 76% without a sense of purpose.¹

DISCOVERING WHAT PROVIDES JOY AND SATISFACTION

Thinking about the activities that create happiness and fulfillment for you can be revealing. Throughout seven days or longer, use the discovery chart below to jot down what you looked forward to and capture the activities and moments that provided joy or satisfaction.

DAY	What activity or experience did I look forward to most?	Which ones brought me joy or satisfaction?	Who were the people I enjoyed spending time with?	What activities would I have enjoyed if I had more time that day?
1				
2				
3				
4				
5				
6				
7				

Using your notes from the discovery chart from the previous page, complete this simple worksheet to begin mapping your purposeful retirement goals today.

GOAL #	Retirement activity goal	Expenses associated with this activity	Ways to fund this goal
1			
2			
3			
4			
5			
6			

Once you have outlined your goals, **MEET WITH YOUR FINANCIAL ADVISOR** to discuss a strategy to help achieve your plans for a happy retirement.

ADDITIONAL RESOURCES

You may wish to explore these resources as you embark on your journey toward a purposeful retirement:

- *Financial Intelligence: How to Make Smart, Values-Based Decisions with Your Money and Your Life*, Doug Lennick, C.F.P. and Kathleen Jordan, Ph.D.
- *Fish Don't Clap, Planning for a Purposeful Retirement*, Brad Connors
- *Repacking Your Bags: Lighten Your Load for the Good Life*, Richard J. Leider and David A. Shapiro
- *The Art of Happiness*, Dalai Lama
- *The Big Picture: A Guide to Finding Your Purpose in Life*, Christine B. Whelan, Ph.D.
- *The Power of Purpose: Find Meaning, Live Longer, Better*, Richard J. Leider
- *What Color is Your Parachute? For Retirement*, John E. Nelson and Richard Nelson Bolles

SOURCE:

1. <https://www.seniorliving.org/research/retirement-facts-statistics>

This resource is provided as a courtesy from a United Life Insurance advisor. Each person's financial planning needs are unique and should be discussed with a professional.

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