

## 10 Ways to Finding Your True Identity in Retirement

by Dr. Cynthia Barnett

There are definite benefits to having an identity in life. By knowing your identity, you are better able to accomplish your goals, whatever this may be. Well, this is especially true during your retirement years. By knowing who you are and what you need to accomplish in life, you'll gain a sense of confidence and pride and your life will have precise meaning. You won't feel as you are living an unfulfilled life. In this brief article, we'll discuss 10 ways to find your true identity. They are as follows:

**Do something productive** – People, today, retire at about 57.5 years and have likely worked for 35 plus years and can expect to live to about 85 or older so they'll in essence spend 45+ years in retirement. Therefore, it is paramount that you do something that you enjoy and that makes you happy.

**Consider retirement as commencement** – What is your concept of retirement? Hopefully, you'll see it as a new beginning- a time to grow. Remember, the end of one thing is the commencement to another. You could use this time learn French, travel to foreign lands, take a new course, or start a new business. By using your new found time to make your dreams come true, you can truly find purpose.

**Continuing to work** – Yes, it is true, you may have retired but you aren't dead. You can still work a full time or part time job or pursue volunteer activities. Either way, the possibilities are endless from keeping yourself busy and earning some extra cash.

**Remain active** – By remaining active, you can take control of your physical health and emotionally well being. After all a healthy body lends itself to a healthy mind. Consider joining a yoga, jazzercise or karate class which will help you physically and socially.

**Find new goals** – This is the time to find new goals or rekindle old ones. Now that you have time on your hands, try to fulfill your dreams. Decide what you want to accomplish and achieve.

**Join a worthy cause** –By committing yourself to helping others, you will find purpose and meaning in retirement. Not only will this make the world a better place but will give you immense pride and a feeling of inner accomplishment.

**Cultivate a hobby** – By pursuing a hobby, you'll be able to do something that make you feel good. Perhaps you've always wanted to be a crafter. Well, now is the time to make jewelry and other trinkets that you can give away or better yet, sale for a profit!

**Maintain youthful attitude** - Just because you are retired does not mean you have to act like you're ancient! Go bungee jumping, rock climbing, ice skating, skiing, or simply travel. By acting like you feel, you'll maintain a youthful attitude.

**Maintain a positive attitude** – By remaining energetic and having a better understanding of what you want out of life, you can find purpose and meaning. Spread your joy and happiness to others. Be a beacon of light and shine.

**Just refuse to fade away!** – Take control over your life and realize that you are here for the long haul. Although you may be retired, this is the "beginning not the end" and you can accomplish all of your personal and professional goals by having faith, perseverance and making your dreams a reality. You can be your own "personal best—retired or not"!

In conclusion, retirement is not the end but the beginning. You can find purpose and meaning in your life. By refusing to fade away, maintaining a positive attitude, maintaining a youthful attitude, cultivating a hobby, joining a worthy cause, finding new goals, remaining active, continuing to work, changing your attitude, and being productive, you can retire successfully and you will have meaning and purpose in your life.

## **Non-Financial Planning for Retirement**

by Dr. Cynthia Barnett

When most people think of retirement planning they usually think of "**money**". Yes, having enough money to maintain one's lifestyle is important but also of critical importance is the non-financial aspect. Many retirees neglect to plan for that aspect. How are you going to spend your time? How are you going to remain satisfied and fulfilled? Are you just going to put around or are you going to find purposeful and meaningful ways to enjoy the retirement you deserve?

Some people enjoy "putting" around and it is OK for awhile. Others become very bored and sometimes become depressed and lonely. Only you know yourself. If you want you have a rich and meaningful retirement I suggest that you start thinking about it now. Revisit some of your dreams that you have put on the backburner because you did not have the time to pursue them. Begin placing them on the front burner of your life and your life can become more joyful, meaningful and purposeful.

You don't have to wait for the day when you finally leave the job, you can begin looking at those **DREAMS NOW!**

**START** by taking an introspective journey to explore and reactivate those forgotten dreams. If you think that you have accomplished all your dreams then make a list of all you want to be, to do and to have. This will start to trigger some creative thoughts.

## Practical tips for living the life YOU truly desire

by Dr. Cynthia Barnett

Do you sometimes feel overwhelmed by the sheer magnitude of what it takes to change your situation in LIFE? Adopting some or all of the five practices below can make a huge difference.

### 🌸 **Be fully present, in the moment.**

It has been estimated that up to 80% of our thoughts in any given day are about the past or the future rather than the present. That's a tremendous dilution of energy. Being fully in the present means that you have no thoughts about the past or future. You are fully engaged in what's taking place at this exact moment.

### 🌸 **Meditate.**

I know that you've heard this before and you may have tried meditating and concluded that it isn't your cup of tea. Try again.

### 🌸 **Take steps to eliminate clutter, noise, distractions, and people who drain your energy.**

Some people live in clutter, thrive on noise, and allow themselves to be drained by demanding friends and acquaintances. If any of this sounds familiar, you can do something about this NOW. Clear off your desk, skip television and radio for a week, and distance yourself from those who use you to meet THEIR needs.

### 🌸 **Develop a sense of pace.**

Everything and every being has its own rhythm. You have yours and I have mine and they are different. There is a secret to developing a sense of pace: Relaxation. Approach everything and everyone in a relaxed manner and you'll be amazed how different it (and they) feel.

### 🌸 **Periodically, withdraw and recharge.**

In order to keep your calm and to be fully present, it's important to withdraw and recharge, regularly.



Dr. Cynthia Barnett is a "refired" educator who had reinvented her life moving from the school house to an entrepreneurial venue.. She is the author of "Stop Singing the Blues: 10 Powerful Strategies for Hitting the high Notes in Your Life, and RE-FIRE, Don't Retire: 7 Secrets of Highly Successful Retirees She was featured by Time magazine for their article on women in mid-life who have reinvented themselves.

If you are ready to "RE-FIRE" your life sign up for my free 7 day audio mini course on the 7 biggest mistakes retirees make and how to avoid them for an extraordinary life at <http://www.refiredontretire.com>.