

Creative Aging

Aging is more than the art of getting old. Aging involves planning, getting clear on your own definition of the "good life," and of course self-care. Investing time and energy now can yield a life that continues to be satisfying, comfortable, and active...well into your "golden years."

Future Focused- For some, saying the word "retirement" evokes ideas of hammocks, gardening, more time for hobbies, living or traveling in an RV, spending more time with family and friends, even traveling the world. For others, retirement thoughts mean significant transition - the ending of one chapter in their life's journey, and the beginning of another like a second career.



Ask yourself questions like: Would I like to live closer to family? Do I want to live in/near certain geographical features (i.e., mountains or ocean)? What have I always longed to do? How will retirement affect my budget? These answers will help you decide what your "golden years" look like. When you decide what you want, ask yourself: What do I need to do now to prepare? For example, find a financial advisor, realtor, project a budget, or figure out travel costs.

Health Focused- Your physical, emotional, spiritual and psychological well-being is important. Eating healthy food, exercising, getting out in the sunshine, developing tools and healthy coping skills are all key ingredients to aging well. Remember to nourish your mind, body and soul.

Importance Focused - Finish this sentence: The most important thing in life is _____. This will help you stay focused on what is most important to you in life. What you value will guide your problem-solving solutions towards what you want to be, what you want to do, or what you want to have in the future.

If you said money, you are on the right track as well. Our spending is a great reflection of what we value. Additionally, financial planning can get confusing when projecting how much money you will need in order to retire, or how much to invest monthly to meet these goals.



Golden Plan for Golden Years. The point is to think, and plan now, and even intentionally daydream about the road ahead. With thoughtful preparation, your "golden years" truly can last the rest of your life.

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