

MaxAMAZING™ Your Retirement

Easy Steps to a Fulfilling Retirement

"Retirement is the great lifestyle 'reset.' How you go about life – your pace, what you spend your time doing and who you spend your time with – changes drastically. Retirees certainly want to enjoy this stage in life, and I believe most retirees want it to be fulfilling as well. What they lack is vision for how amazing their retirement could truly be."

-Len Hayduchok, *The Retiree Advisor*



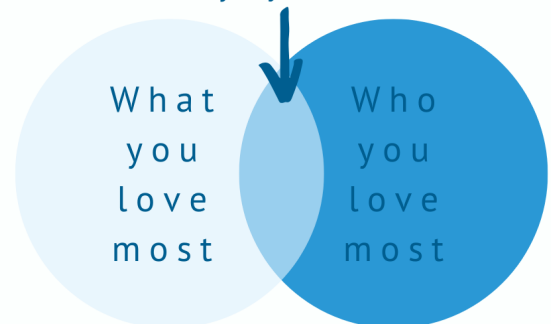
Evaluating Enjoyment

Enjoyment is often described in terms of quantity—how much fun you had—but a more helpful way to consider your enjoyment may be the quality of your enjoyment—how grand the fun was. It is about maximizing the enjoyment of individual moments. In a way, more fun is more fun, but really, **better fun is more fun.**

Maximizing Enjoyment

Enjoyment has two aspects to it—the activities you engage in and the people you are with. You can experience greater enjoyment when you increase the enjoyment of the activities you love the most and when you make the interactions with those you love the most more pleasurable. And when you do what you love the most with those you love the most, you are maximizing your enjoyment.

Maximizing Your Enjoyment



However, while enjoying your retirement lifestyle, you may be surprised to discover that it may feel like something is missing from your life, and it is not as fulfilling as you would like.



*"The desserts of the retirement life – all the fun activities that are available all day, every day – are the equivalent of going through the menu of life choices and eating enjoyable ice cream and cookies and brownies and cakes and pies and more ice cream and pastries and more brownies non-stop...and leaving your soul's deeper needs unmet. What you do not need is more fun and games, but a fulfilling, nutritious meal for your soul. **What you need is a combination of enjoyment and deep-seated fulfillment.**"*

Learn More.
Take the survey.

Are We Having Fun Yet?



Easy Steps to a Fulfilling Retirement, Page 2


Enjoyment is a wonderful goal everyone should strive for...no matter what stage in life they are in. What we eventually discover is that enjoyment and fulfillment are vastly different emotions, but they could overlap. Focus on your Quality of Life that connects who you are with what means most to you—especially those you hold dear.

Balancing Enjoyment and Fulfillment

To understand the value of activities we engage in, it is helpful to think about the duration of the benefit we get from what we do, and the depth of the experience. “Enjoyable, satisfying, meaningful, and fulfilling” are similar words but they do not mean the same thing. Their order shows a progression in the duration of the emotional value and the depth of its importance to us.

Value of Activities			
	DURATION		
	Temporary	Long-lasting	
DEPTH	Shallow	ENJOYABLE	SATISFYING
	Deep	MEANINGFUL	FULLFILLING

It's vital to maximize your enjoyment while experiencing AMAZING fulfillment. This requires that you replace some of the activities characterizing your lifestyle that are a combination of shallow and temporary (enjoyable) with others that are both deep and long-lasting (fulfilling).




Re-envisioning your retirement requires a new perspective.

Traditional Perspective of

Retirement

The stage of life where you "withdraw from work" and have the freedom to do what you want.

PARADIGM SHIFT



"Realizement"

A contemporary understanding of retirement that captures a sense of possibility and purpose so you can experience the full potential it offers.

How to make your retirement not just enjoyable but also fulfilling starts by reflecting on who you are and Beliefs/Values/Character you acquired over your lifetime. From there, you can determine how you want to pursue what is most important to you that you are passionate about.

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Core Soul Needs

A Realizement perspective maximizes the enjoyment you experience while meeting your deepest longings, which is essential for you to experience fulfillment. We refer to these deep desires as Core Soul Needs:

<p>IDENTITY <i>WHO YOU ARE</i></p>  <p>A need to feel good about who you are</p>	<p>LIFE PURPOSE <i>WHY YOU'RE HERE</i></p>  <p>A need to feel your life matters and makes a difference</p>	<p>LOVE <i>WHO YOU SHARE LIFE WITH</i></p>  <p>A need to offer and receive emotional connection</p>	<p>PEACE <i>WHAT PROVIDES YOU WELLNESS</i></p>  <p>A need for a sense of well-being regardless of circumstances</p>
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Fulfillment stems from a mindset of abundance. Holes in any of the Core Soul Needs will drain your sense of fulfillment and make it difficult to feel whole. Reflect on each area and consider in what ways you feel unfulfilled and how you can address any lack by changing your circumstance or your outlook. Develop strategies to connect better with yourself and life around you to appreciate the richness of your life.

- **IDENTITY:** What elements of your beliefs/values / character do you want to grow in?
- **LIFE PURPOSE:** How can you live out your Identity in a way that that gives your life more meaning and makes a bigger difference?
- **LOVE:** How can you press into the important relationships in your life that allow you to receive and express love more fully?
- **PEACE:** How can you experience a greater sense of well-being regardless of the circumstances surrounding you?

If your Profession was once a meaningful part of your life and/or your family isn't as central as it was, you may be missing an important part of your Identity. With a Realizement perspective you grow into new Identities and shed old ones. Consider what you want your new Identity to be and how to work toward becoming who you want. What you engage in will change you as a person.

Your Core Soul Needs are met when you are living your **Life Goals, Hopes, and Dreams**. These "WOW" moments that would make your life really, really amazing can be categorized as:

- Experiences and Relationships
- Accomplishments
- Impact

Consider objectives you can set for yourself (Goals), things that may seem out of reach (Hopes), and spectacular aspirations (Dreams) in each of the categories that would make your life truly worthwhile and thoroughly fulfilling while meeting your Core Soul Needs.

WARNINGS

Do NOT Define Quality of Life by Enjoyment!

It is important to enjoy life, but an over-emphasis on fun can cause you to equate Quality of Life with enjoyment. This could result in missing out on a deeper understanding and appreciation of Quality of Life that is not dependent on enjoyment but focuses on what provides you deeper meaning and purposefulness because of what you truly value.

Do NOT Overemphasize Superficial Relationships

It is important to nurture deeper friendships so you not only enjoy the life you share, but connect in a more meaningful way.

Enduring relationships are deeper and more significant and are signified by caring and giving. Nurturing and prioritizing these relationships is critical.

Do NOT be Overly Busy!

There are benefits to staying busy: it keeps your mind and body “young,” it prevents atrophy in many parts of your life, and wards off an unhealthy lifestyle and behavior pattern that idleness can breed. At the same time, being overly busy can be an indication of having unmet needs, particularly relating to your sense of Identity and Life Purpose. *Be mindful of what you are keeping yourself busy doing, and how that may or may not be meeting your Core Soul Needs.*

A Few Extra Tips for the Journey

TIP
#1

Be strategic about the activities you're involved in. Don't make them just enjoyable, but also fulfilling. To increase the fulfillment you experience from activities, make sure they reflect your beliefs and values and are meaningful to you. As you go through life, be mindful about what is most important to you. It will help you recognize what you are most interested in dedicating yourself to.

TIP
#2

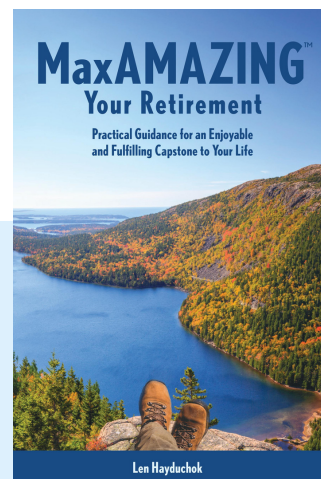
It's essential to experience new opportunities and engage in new relationships. This provides avenues for considering what you may want to explore and opportunities for you to grow as a person. (You can also learn a lot by observing others and hearing about their life journey.)

TIP
#3

Seek out professional counsel that will benefit you for the rest of your life. Find a Certified Life Coach and Certified Financial Planner® professional who can help you build into your life in ways you may not be able to on your own.

For a better understanding about Fulfillment and how it is related to retirement, go to Amazon for your copy of **MaxAMAZING™ Your Retirement**.

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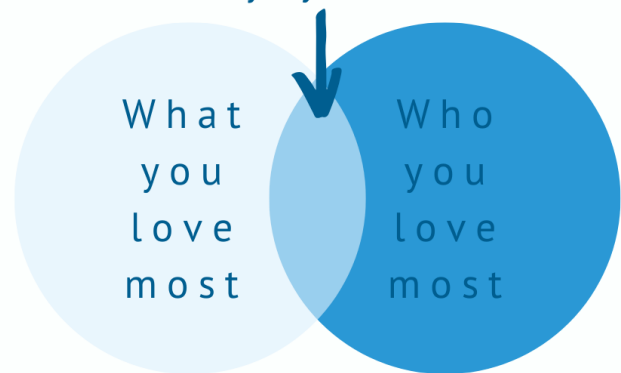
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Maximizing Enjoyment

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While enjoying the retirement lifestyle, you may feel like something is missing and your life is not as fulfilling as you would like it to be. This begins with the vital discussion of what your life can look like when you are free to live in a way that reflects your unique lifelong experiences, values, passions, and skills. We'll start with delving into Enjoyment for a better understanding and the starting point towards a journey towards fulfillment.

Maximizing Your Enjoyment



Learn More.
Take the survey.


Are We Having Fun Yet?



Easy Steps to a Fulfilling Retirement, cont.

Enjoyment is fun, but fun doesn't equal fulfillment. Let's dig deeper.

Re-envisioning your retirement requires a new perspective.



Traditional Perspective of Retirement

PARADIGM SHIFT →

"Realization"

The stage of life where you "withdraw from work" and have the freedom to do what you want.

A contemporary understanding of retirement that captures a sense of possibility and purpose so you can realize the full potential it offers.

More Than Enjoyment

To understand the value of life activities we engage in, it is helpful to think about the duration of the benefit we get from our activities, and the depth of the experience. "Enjoyable, satisfying, meaningful, and fulfilling" are similar words but they do not mean the same thing. Their order shows a progression in the duration of the emotional value and the depth of its importance to us.

Value of Activities

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It's vital to progress from the combination of shallow and temporary (enjoyable) to deep and long-lasting (fulfilling).

Enjoyment is a wonderful goal everyone should strive for...no matter what stage in life they are in. What we eventually discover is that enjoyment and fulfillment are vastly different emotions, but they could overlap. In the end, it's about the QUALITY OF YOUR LIFE, connecting who you are and what means most to you, with those who you hold dear.



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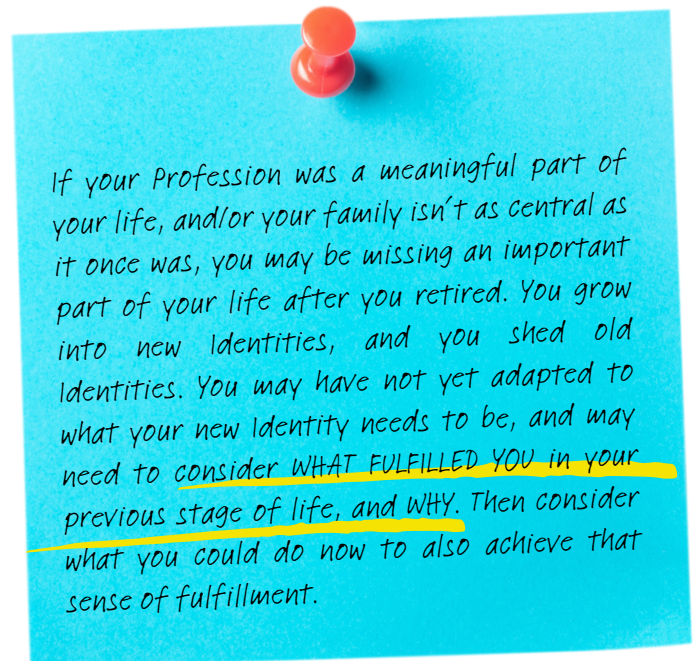
Core Soul Needs

A Realization perspective wants to maximize the enjoyment you experience while meeting your needs to the “core of your soul.” We identify these deep desires as Core Soul Needs:

IDENTITY <u>WHO YOU ARE</u> A need to feel valued and accepted for who you are.	LIFE PURPOSE <u>WHY YOU'RE HERE</u> A need to feel your life matters and makes a difference.	LOVE <u>WHO YOU SHARE LIFE WITH</u> A need to feel cared for and safe sharing your deepest thoughts.	PEACE <u>HOW YOU HANDLE THE BUMPS</u> A need to feel reassured despite the swirl of life.
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Fulfillment stems from connecting with what fills you up. If you have holes but holes in any or your Core Soul Needs, then it is difficult to feel whole. Reflect on each area and consider in what ways you feel fulfilled and how you can address any lack. How can you connect better with yourself and life around you?

- **IDENTITY:** What are your Beliefs/Values/Character that define you and the most important parts of your life?
- **LIFE PURPOSE:** How are you living out your Identity in a way that that gives your life meaning and makes a difference?
- **LOVE:** What are the important relationships in your life that allow you to experience receiving and expressing love?
- **PEACE:** How are you experiencing a sense of well-being regardless of the circumstances surrounding you?



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A Few Extra Tips for the Journey

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TIP
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