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Coaching to Empower your Life!

10 Tips to Kicking Over That Rocking Chair and Finding Fulfillment in Retirement

1. **Let go of the importance of your old role had in your life.** You, as a person, are not the vice-president, the pilot, or the surgical nurse. That was your working role. Say "no" to being dependent on your previous status in order to feel good about yourself. Let go of the old and get ready to create the new.
2. **Live your lost dreams.** Can you remember the decisions you made in your life when there were forks in the road? Have you ever imagined what life would have been like if you had taken the other fork? Did you give up a dream at one point to accommodate the necessities of life? What if you now picked up that dream and made it a reality in your retirement life?
3. **Explore the possibilities.** Take images and follow them to the possibilities you want to create in your life. An online group might be an opportunity to learn about something that has always been of interest. A chat line could be an opportunity to discuss a topic of major concern to you.
4. **Enjoy being a part of lifelong learning.** There are book clubs and travel groups and special groups dedicated to supporting causes like breast cancer. Being a part of these activities brings something new into your life each day. You will experience the bravery, the determination and the indomitable spirit of others and at the same time, learn a lot more about yourself and the world around you.
5. **Make your whole life work.** Decide what needs to be done to adjust your life in all areas, including money, family, relationships, recreation, fun, and your physical surroundings. Think of your whole life as a big, balanced wheel and work toward making the edge smooth—a 10 for each area of your life.
6. **Ask for what you want.** Let people know how to please you. Say which restaurant you would like to visit. Tell people what you would like for your birthday present. People really do want to please others, and you are giving them pleasure when you allow them to please you.
7. **Have confidence in yourself and all you do.** Allow yourself to feel confident about who you are, what you do and how you like to be seen. Permit yourself to do what you want to do. Know that you and only you have been selected to do what you do and to be who you are. Enjoy your unique qualities and embrace yourself intellectually, emotionally, and spiritually.
8. **Let yourself enjoy the many choices you have.** You have choices at every turn, from what you will wear each day to how you will spend your time and what you will accomplish. Choose something important to do each day and then make it happen. Keep the busy choices under control so you can enjoy the ones that shape your life the way you want it to be.
9. **Find the passion in your dreams and goals.** What is it that makes it all worthwhile for you? Is it the satisfaction of a job well done, or the excitement of never quite knowing how things are going to turn out? Your passion can direct and inform your actions when you know you are acting in line with your dreams and goals.
10. **Make a contribution by living a life of intention.** What is the legacy you want to leave in this world? Is it painting, literature, or teaching? Arrange your life so that your actions line up with your intentions. Make each step one of ultimate purpose. Not only will you will be fulfilled but others will feel the influence of your contribution. This is the ultimate in living a fulfilling life in retirement.

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