

A Better Retirement

“A plan in the heart of a man is like deep water, but a man of understanding draws it out.” King Solomon



The Gap: What's Missing?

The gap identifies the distance between your needs and expectations of your retirement years. It also shows us places where retirement falls short of your ideal and fails to align with your values and your life purpose.

Make a list of your values, then ask yourself these questions.

What is missing from your life right now?

On a scale of one to ten, what's your stress level today?

What percentage of your time do you feel like you are living in alignment with your calling right now? What would you like that number to be?

What are three things you love about retirement? Three things that aren't ideal but you put up with? How about three things that frustrate you?

Take a look at some of the different areas of your life (family, home, finances, spiritual, and health). Where are you most dissatisfied?

Life coaching helps retirees become conscious of their underlying values and reapply when day-to-day activities get out of balance.

Armed with knowing what you value most, retirement life becomes an opportunity to create an experience based on values instead of fear, which leads to a better retirement.

Does this message speak to you? We want your feedback and are ready to answer your questions! Contact us here and we'll be happy to get back to you.

We'd love to have you join our [Facebook](#) group The Retirement Turnaround Coach