



I Don't Want to Retire!

By Robin Young

It's the morning after your retirement party – you don't have to get up, get dressed or go anywhere. You are probably asking yourself "what now" and if you consider the outdated use of the word "retirement" your future looks dim. It means to withdraw, retreat and disengage. So what can you do if "retirement" isn't for you?

Today people are living longer and healthier lives. If you are age 60, studies show you can live well into your 90's. This is also potentially the time of your life where you have more choice, perspective and wisdom. You probably have many years of a vibrant life doing things that bring you passion, joy and meaning. It's a unique opportunity to contribute your 60+ years of life experience and talents to the world in some way.

This next stage of your life can be as fulfilling as the first 60 years if you "go exploring". For some it's an increase in spirituality, a search for purpose and

meaning. For others it's giving back, helping and mentoring others. It could be nurturing family relationships or pursuing your creative side.

Where do I start? Perhaps by reflecting on the activities you have always wanted to do but never had the time. Identifying the things you love doing. Do you feel there is something missing in your life? Do you want to leave a legacy? If you are feeling confused or if you don't quite have that spark of interest, you could talk to your partner or possibly a mentor to provide perspective and guidance. In many cases, people seek the professional help of a life coach or counselor so that they can move forward into the next phase or chapter of their life in a healthy way.

Robin Young CFP®, Registered Life Planner and owner of Northstar Financial Planning, Inc. in Londonderry, NH, a Fee-only Financial Life Planning and Wealth Management firm. Visit www.northstarfp.com or contact Robin at (603) 216-9226. ▲

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