



Reinventing Retirement

Even AARP admits it: the concept of retirement is in a state of flux. As it becomes irrelevant to more people, we will come up with a better way to describe these bonus years of life. These questions are aimed at addressing the mystique of retirement and aging, and seeing whether they hold up for you.

1. Read the dictionary definition of the word retirement. What does the word retirement mean to you?

2. What have you noticed about people who say they 'can't wait to retire'? What other characteristics do they share?

3. What can you learn from people who describe themselves as retired or semi-retired?

4. When you read or hear the words, 'the rest of your life,' what immediately comes to mind? What happens in your body?

5. Who in your life has aged the way you would like to?

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What do you admire most about that person and would like to adopt?

6. What changes would you want to make to become an 'ageless' role model for others?

7. What three things would you be willing to let go of in order to create the life you want in your bonus years?

8. What three things would you include in a speech to be delivered at your 100th birthday celebration?

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