

OK, NOW WHAT?

(Or: What am I going to do when I grow up?)

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What this presentation isn't

- A discussion of managing your retirement portfolio.
- Suggestions regarding your Medicare supplement plan.
- Discussion of retirement budgets.

What this presentation is

- Understanding what it means not to have a job to go to.
- Understanding how you see yourself post retirement. What will your business card say?
- How to avoid psychological shock.
- Learning to prepare for your new reality.

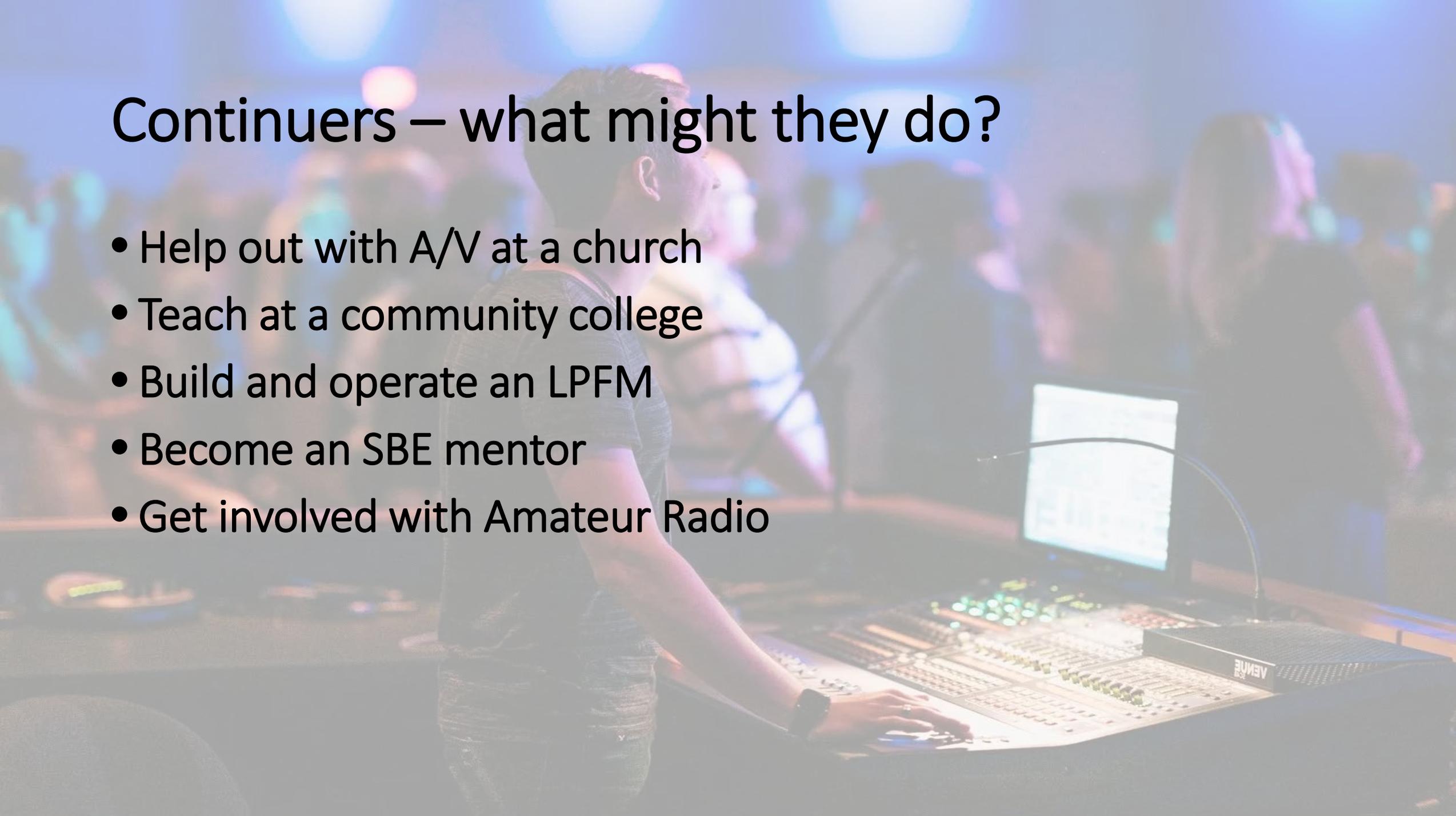
There are six basic categories of retirees

1. *“Continuers”*: Fit existing skills to some modified use.
2. *“Easy Gliders”*: No plan, take each day as it comes.
3. *“Adventurers”*: Make big changes, try new things, some daring.
4. *“Searchers”*: Reflect on the meaning of their lives, contemplate what to do.
5. *“Involved Spectators”*: Remain in career field but in a different role.
6. *“Retreaters”*: Take a break, perhaps permanently from trying to figure out what to do each day.

Who are you?

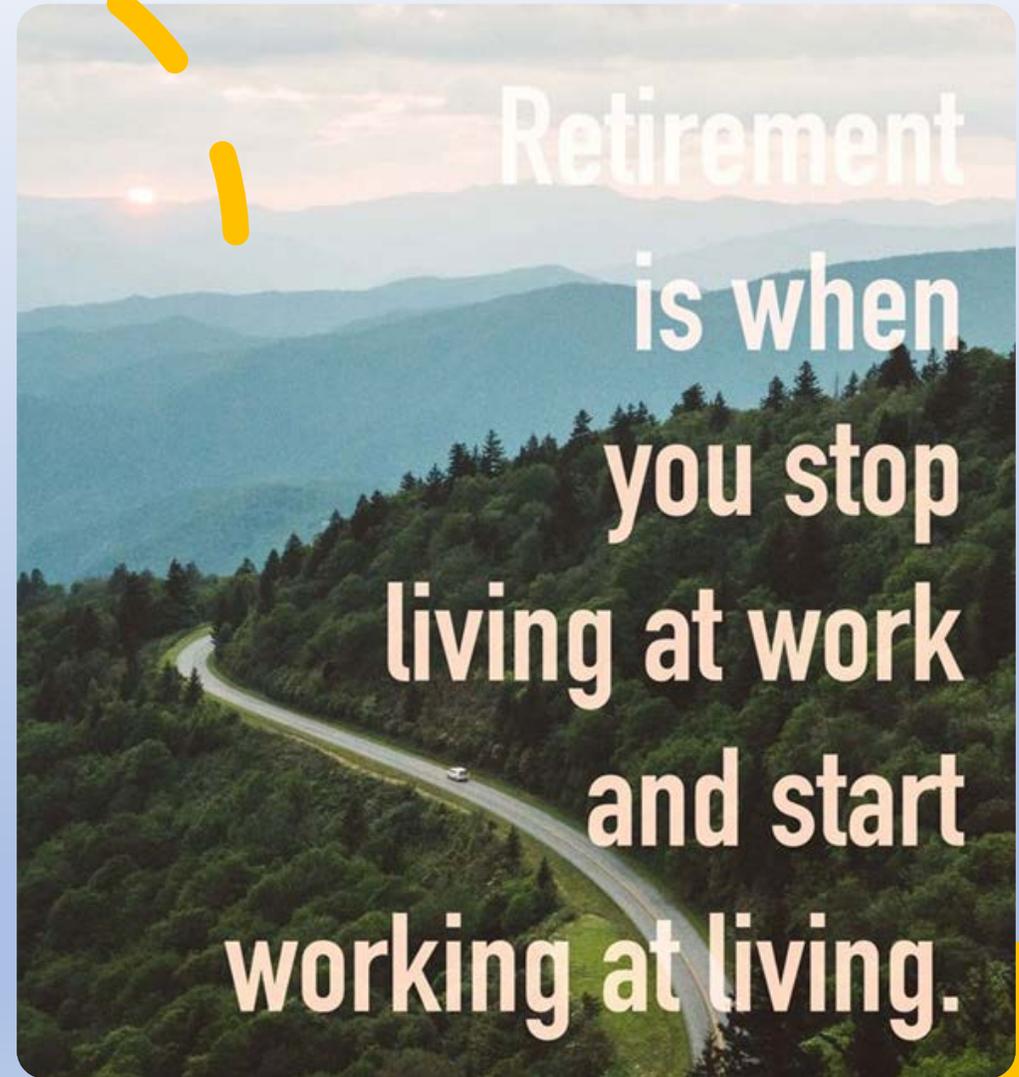
Continuers – what might they do?

- Help out with A/V at a church
- Teach at a community college
- Build and operate an LPFM
- Become an SBE mentor
- Get involved with Amateur Radio



Easy Gliders – what might they do?

- Play golf or poker
- Babysit grandchildren as needed
- Be spontaneous – and open to last minute opportunities
- But having no set schedule can be dangerous – activity is important!



Adventurers – what might they do?

- Start a home business
- Go back to college
- Move overseas
- Move into an RV and travel constantly



Searchers – what might they do?

- Try lots of things – see what makes them happy
- Always willing to change course
- Introspective – understanding themselves
- Sees the freedom from a fixed career as the best part of retirement



Involved Spectators – what might they do?

- Attends SBE meetings, and trade shows, even though they are retired
- Assists other engineers occasionally, all of the fun, none of the pressure
- Volunteer at the local public radio station or LPFM on air

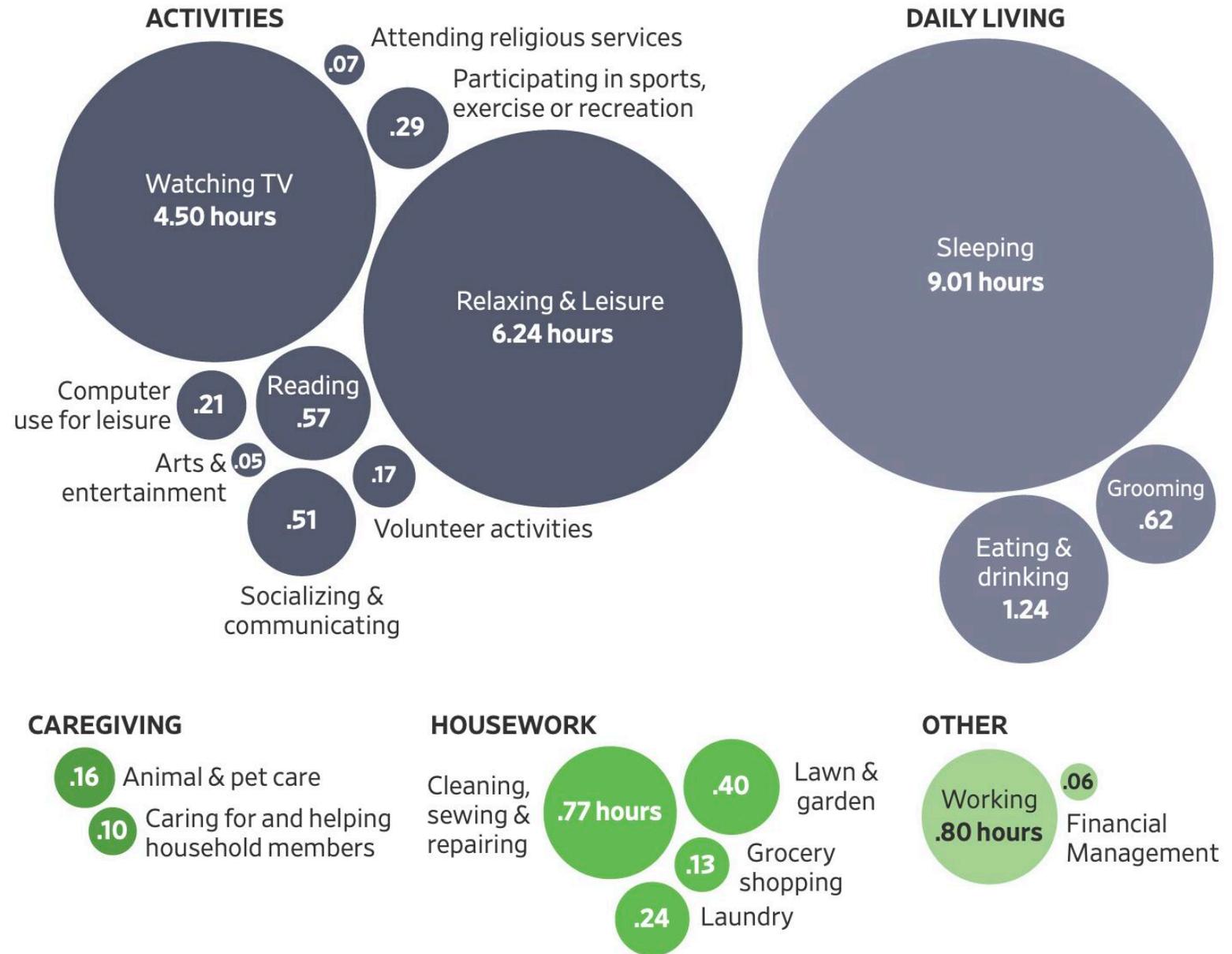
Retreaters – what might they do?

- Say: “I’m just taking a break to relax”
- But a short break often becomes longer, and a permanent “couch potato” condition which can shorten your life
- Retreaters “retire to the graveyard”
- Don’t be a Retreater!

Typical Stats

How will YOU compare?

How retirees spend their days



Note: The data in the chart adds up to more than 24 hours because some of the categories are components of others.
Source: Labor Department



It's funny, but...

- Retirement may have effects on our significant others.
- It's important to discuss your retirement with others in your household.
- Remember – everything will change, including relationships with your family and friends.
- It's a transition from your old life to your new life!

25 things to do when you retire

1. Make a bucket list.
2. Focus on well-being.
3. Get financially savvy.
4. Establish a routine.
5. Care for a pet.
6. Stay social.
7. Be proactive about health.
8. Explore the world.
9. Take on a new hobby.
10. Think about relocating.
11. Work part time.
12. Grow your own food.
13. Study your family's ancestry.
14. Become a tour guide.
15. Declutter your home.
16. Get in touch with nature.
17. Play brain games.
18. Redecorate your space.
19. Focus on your personal style.
20. Find a solo activity.
21. Discover local attractions.
22. Give back in your own way.
23. Find your purpose.
24. Live in the moment.
25. Keep an open mind.

Source: US News and World Report

Some things to remember:

- Your retirement is as unique as you are
- Analyze what things you did in your career you loved, and what things you hated. Do what you loved, and do them on YOUR schedule
- It's a gradual transition – not a step function as many perceive it
- Your retirement will change over time, as your health, family and finances change. Manage it, making the most of what you have
- From time to time, when facing a fork in the road – imagine you are at the end of your life, looking back at the things you didn't do and wish you had, as well as the things you did that you wish you hadn't

IT'S NOT THE END, BUT A NEW BEGINNING

HAPPY

RETIREMENT!!

