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Ten Ways To Finding Your True Identity In Retirement

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Summary:

There are definite benefits to having an identity in life. By knowing your identity, you are better able to accomplish your goals, whatever they may be. Well, this is especially true during your retirement years. By knowing who you are and what you need to accomplish in life, you'll gain a sense of confidence and pride, and your life will have precise meaning. You won't feel as though you are living an unfulfilled life. In this brief article, we'll discuss 10 ways to find you...

Keywords:

Retirement, Retirement Lifestyle, Meaningful Retirement, True Identity

Article Body:

There are definite benefits to having an identity in life. By knowing your identity, you are better able to accomplish your goals, whatever they may be. Well, this is especially true during your retirement years. By knowing who you are and what you need to accomplish in life, you'll gain a sense of confidence and pride, and your life will have precise meaning. You won't feel as though you are living an unfulfilled life. In this brief article, we'll discuss 10 ways to find your true identity. They are as follows:

1. Do something productive. People today retire at about 57.5 years and have likely worked for 35-plus years, and can expect to live to about age 85 or older. So they'll, in essence, spend 45+ years in retirement. Therefore, it is paramount that you do something that you enjoy and that makes you happy.

2. Consider retirement as a commencement. What is your concept of retirement? Hopefully, you'll se it as a new beginning -- a time to grow. Remember, the end of one thing is the commencement of another. You could use this time to learn French, travel to foreign lands, take a new course, or start a new business. By using your new-found time to make your dreams come true, you can truly find purpose.

3. Continuing to work. Yes, it is true, you may have retired. But you aren't dead. You can still work a full-time or part-time job, or pursue volunteer activities. Either way, the possibilities are endless. The benefits range from keeping yourself busy to earning some extra cash.

4. Remain active. By remaining active, you can take control of your physical health and emotional well-being. After all, a healthy body facilitates a healthy mind. Consider joining a yoga, jazzercise or karate class. This will help you physically and socially.

5. Find new goals. This is the time to find new goals or rekindle old ones. No that you have time on your hands, try to fulfill your dreams. Decide what you want to accomplish and achieve.

6. Join a worthy cause. By committing yourself to helping others, you will find purpose and meaning in retirement. Not only will thismake the world a better place, but it will give you immense pride and a feeling of inner accomplishment.

7. Cultivate a hobby. By pursuing a hobby, you'll be able to do something that makes you feel good. Perhaps you've always wanted to be a crafter. Well, now is the time to make jewelry and other trinkets that you can give away or, better yet, sell for a profit!

8. Maintain a youthful attitude. Just because you are retired does not mean you have to act like you're ancient! Go bungee junping, rock climbing, ice skating, skiing, or simply travel. By acting like you feel, you'll maintain a youthful attitude.

9. Maintain a positive attitude. By remaining energetic and having a better understanding of what you want out of life, you can find purpose and meaning. Spread your joy and happiness to others. Be a beacon of light, and shine.

10. Just refuse to fade away! Take control over your life and realize that you are here for the long haul. Although you may be retired, this is the "betinning, not the end" and you can accomplish all of your personal and professional goals by having faith and perseverance, and bymaking your dreams a reality. You can be your own "personal best" -- retired or not!

In conclusion, retirement is not the end, but the beginning. You can find purpose and meaning in your life. By refusing to fade away, maintaining a positive attitude, maintaining a youthful attitude, cultivating a hobby, joinging a worthy cause, finding new goals, remaining active, continuing to work, changing your attitude, and being productive, you can retire successfully. And you will have meaning and purpose in your life.