

AI-00796 Guilt Free Retirement Spending

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Me and wife is on early retirement, we have food, clothing, shelter and other luxuries in life. We left the USA and relocated to Cebu, Philippines. We worked hard for 30 years and send our 2 children to college. They are now working, RN and MD respectively. Sometimes, I have not switched to spending mode and still feeling guilty when purchasing what I like in cash. Recently, I just bought an expensive truck and placed upgrades on it luxuriously.

Congratulations on your successful early retirement and beautiful life in Cebu! It sounds like you've made fantastic financial decisions and raised wonderful children.

Here's how you might address the lingering guilt about spending:

Reframe Your Thinking:

- **You Earned It:** You and your wife worked hard for 30 years. Enjoying the fruits of your labor is part of a happy retirement.
- **Invest in Yourself:** The truck and upgrades sound like something you truly enjoy. Think of them as an investment in your happiness and well-being.

Budget for Fun:

- **Planned Spending:** Having a designated "fun money" allocation in your budget can ease guilt. You know exactly how much you can comfortably spend on things you enjoy.
- **Track Your Spending:** Monitor where your money goes to see if there are any unnecessary expenses causing guilt. Maybe there are smaller adjustments you can make to free up more "fun money."

Focus on Value:

- **Quality vs. Quantity:** Did you buy a high-quality truck that will last? Did the upgrades add significant value and enjoyment? Focusing on value can help justify the purchase.
- **Experiences vs. Things:** Consider if experiences might bring you more joy than possessions. Maybe plan trips or activities with your wife or family.

Guilt Can Be a Signal:

- **Impulse Purchases:** Did the guilt arise because the truck was an impulse buy? If so, consider a waiting period for future purchases to avoid buyer's remorse.
- **Unmet Needs:** Sometimes guilt about spending can mask deeper feelings. Are there unmet needs or financial anxieties lingering? Addressing these could help.

Remember, a healthy balance is key. Enjoy your retirement and the things you've earned, but be mindful of your budget and future goals.