



How to Decide What to Do Next When You're Retired: Put Your Time and Energy Where Your Values Are

By Jean Risley

Risley Resources. Paperback. Condition: New. 84 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. What do you want to do with the freedom that comes with retirement? It's up to you. Yes, we may have less energy as we get older, but how can we make sure we're using what we have on what matters to us? While many books address financial planning and some help us spend our savings, there isn't much to help retirees decide what to do when we get up in the morning. *How to Decide What to Do Next When You're Retired* provides accessible, easy-to-use ways to figure out how to spend time on the things that matter. Through discussion, questions, examples, and worksheets, you will discover ways to: uncover your own personal meaning and values plan for each stage of retirement consider the potential obstacles of aging identify your personal goals and directions create helpful habits plan balanced days and weeks recognize and appreciate your accomplishments build both consistency and flexibility into your planning. The sections can be used together or separately, so you can use those tools that best fit your situation and personal style. If you are avoiding thinking about what's coming...



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Reviews

Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Simply no phrases to describe. It is actually really interesting through reading time period. Your lifestyle period will probably be transformed the instant you complete reading this article book.

-- **Rowland Bauch**