

You're Retired! Now What?

5 simple steps to living a life with purpose

- Are you stuck in a rut that feels like you want to do something, but don't want to do anything?
- Do you have a general lack of desire and emotions?
- Do you either get angry or are not interested in family's or friends' suggestions about what to do?
- Are you doing mindless simple things over and over?



These are **classic symptoms of boredom**, and if any of the above points feels familiar, you are stuck in its throws.

Boredom in retirement is very common. Boredom is an indicator that you are lacking a purpose in your life, a reason to “get-up-and-go”.

But **what can you do about it?**

Here are **5 easy steps** you can do to go from a boring life **to a rich, fulfilled life**.

1) Remember your past.

For most of your life, you were never bored. As a small child, you had lots of exciting dreams about what you wanted to be when you grew up. All through your life, you had dreams of what you wanted to accomplish, where you wanted to go, and what you wanted to do.

Also, remember all the other times in your life when you had dreams and imagine how excited you were about them.



Now, list all the possible dreams you could go after now. Don't filter out any of them even if you think (not feel – think) they aren't possible anymore. The purpose of this step is to get your imagination going.

Take a few moments and make the list now.

2) Pick a dream.

Look at the list. **Remove any dream that just isn't physically possible anymore.** For example, you may have wanted to become an astronaut as a child, but unless you get abducted by aliens, it's extremely unlikely you could become one now.



Next, **remove the dreams that you are no longer interested in.** For example, in your early adult years, you may have wanted a big mansion, but now that's no longer appealing to you.

From the remaining list, pick one or two that excite you, or at least interest you. Now **imagine yourself doing it.** Again, don't filter out any you think aren't possible anymore.

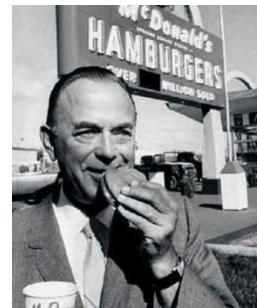
Go ahead and **imagine that life now.** How does it **feel?** How does it **sound?** Is your heart pounding with **happy excitement** or is it relaxed in **quiet gratitude?** Are your friends or family nearby, joyfully supporting you? What does it taste like? What does it smell like?

Describe all your feelings.

3) Eliminate your limiting beliefs.

Now it's time to turn your filter back on. For that one dream, say out loud what you want to do, and then **list all the reasons why you think it can't be done. These are your limiting beliefs** rising, and many times the reason has a "but" in it. An example would be "I would like to start an online business, **but** I'm too old."

For each limiting belief, list the reason why it might be true, then list a counterexample. For our "I'm too old" example, the reason why it might be true may be "it's too strenuous for me right now" and the counterexample might be "Ray Kroc started the MacDonald's chain in his 50's". This helps to break that belief.



Make your list now. If you're having problems finding a good counterexample, try Googling for it. For example, when I Googled "people who were successful after age 50", Google gave me over 1.4 million results.

Limiting Belief	Counterexample

4) Get rid of any bad habits holding you back.

Unfortunately, you have a ton of habits that support your beliefs, and since **habits happen without thinking**, they are difficult to catch and break. When you think of your dream, the thought “I’m too old!” might automatically pop into your head. This is just a habit in your way of thinking and **can be caught by being aware of how you feel at the moment**. In our example, you might be feeling happy when you think of the dream, but immediately after having the “I’m too old!” habit thought, you feel down. When you catch the bad thought habit appearing, immediately follow it up with a positive statement starting with “but”, as in “but Ray Kroc started a new business in his 50’s and so can I.” Sooner or later, when you keep catching yourself thinking your limiting belief and following it up with the positive statement, the negative thought habit will disappear.

Say your dream out loud right now. What was the first thought that came into your head? How did it feel? Write down the thought and how you felt about it. Now **say your counterexample out loud** and notice how you feel. I’ll bet you’re feeling better now.

My goal is:

Initial Thoughts:

Initial Feelings:

Counterexample:

New Feeling: _____

Another way a habit can hold you back is by stopping you from starting in the first place. For example, if you normally play games at your desk on your laptop, when you go to write out the lists, you may automatically start playing games and never get around to writing your list. An easy fix for this is to **move your laptop to another location**, say the dining room table. This breaks the habit's trigger. (In my coaching, we go deep into how beliefs and habits are formed, why they're formed, and how to change them.)



5) Make and execute your plan.

“There are dreamers and there are planners; the planners make their dreams come true.”

~ Edwin Louis Cole

Once you've picked your dream and imagined how happy you will be doing it, you need a roadmap on how to get there. This is where having a good, practical plan comes in. Your dream is your goal and your plan is the steps you need to take to achieve it.



Make a high-level plan in chronological order. Leave out the details, you'll cover them later. But...

“Don’t plan too hard because something much better might be out there.”

~ Candy Crowley

Trying to sort out all the details for your dream plan will just overwhelm you. To start, create smaller sub-steps for your first high-level step. Then, when the sub-step needs to be done, and only then, work out the details. This accomplishes two things.

- 1) It creates small enough tasks, so you don't get overwhelmed, and
- 2) it leaves room for making revisions in your plan when something better comes up, and you'll quickly realize that inevitably something better does come up.

Repeat the process for each high-level step until you've accomplished your goal.

For example, if your dream is to visit Paris next summer, your high-level steps might be:

1. Decide on a date.
2. Determine your budget.
3. Investigate travel packages.
4. Maybe talk to a travel agent.
5. Decide where you want to stay.
6. Book it!

Now, forget about items 2 to 6, and work exclusively on item 1. You'll find that by focussing only on setting a date, you won't be dragged into overwhelm or re-thinking your dream by what the other steps might bring up.

Note that setting a completion date for achieving your goal, even when it is not date-dependent, is very important as it gives you a concrete target to aim for.

Now create your initial plan.

My main goal is: _____

I will accomplish this by: _____

My first major step is: _____

A year from now you will have another year's worth of experiences. What would it be like if they were all happy experiences leaving you surrounded by wealth, health, and purpose?

Imagine if you could:

- *wake up each morning excited to see what the day holds*
- *know that you are fulfilling your purpose in life*
- *know that your day will be filled with gratifying things to do*



In my coaching program, we explore **discovering your life purpose** in much greater detail, along with finding and **eliminating any limiting beliefs and habits** that are stopping you from achieving your goals. In addition, I help you **develop a practical, workable plan** to achieve your goals.

To book a free exploratory session with me, where we can determine how I can help, click on the link below.

<https://thesuccessfulretiree.com>