

You're Retired! Now What?

5 Simple Steps to Start Living a Life of Passion, Purpose and Fulfillment

- **Are you stuck in a rut** where you want to do something new, but you lack the motivation to do anything?
- Do you have a general **lack of desire** and feel emotionally flat?
- Do you feel angry or are disinterested when family or friends try to help?
- Are you **doing mindless simple things over and over** with no real goal, purpose, or direction?



These are **classic symptoms of boredom**, and if any of sounds familiar, you're stuck in its throws.

Boredom in retirement is very common. It's an indicator that you're 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** that will help you go from a boring life **to a passionate and fulfilled life.**

2) Pick a dream.

Look at the list. **Remove any dream that isn't physically possible anymore.** For example, you may have wanted to become an astronaut in your past, 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 of dreams, pick one or two that excite you, or that at least interest you.

Now imagine yourself doing one of them. Don't filter out any dreams 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 everything you see, feel, hear, taste and smell.

3) Eliminate your limiting beliefs.

Now it's time to turn your filter back on. For the one dream you've chosen, say out loud what you want to do.

Next **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'd 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 the "I'm too old" example, the reason why it might be true could be "it's too strenuous for me right now" and the counterexample might be "Ray Kroc started the MacDonal'd'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're 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. **You can catch it 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 thinking the "I'm too old!" habitual 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 again now.

What was the first thought that came into your mind? 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 have 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, as well as accountability and support, comes in. Your dream is your goal, and your plan is comprised of 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

If you try to sort out all the details in your dream plan, it 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.

2) It leaves room for revisions in your plan when something better comes up. 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. *Research travel packages.*
4. *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 go into overwhelm or re-think your dream by what the other steps might bring up for you.

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 giving you health, joy, and purpose?

Imagine if you could:

- *Wake up each morning excited to see what the day holds*
- *Know that you are living a life of passion and purpose*
- *Know that your day will be filled with gratifying things to do*



These 5 simple steps will get you started.

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, **while giving you coaching, accountability and support.**

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

<https://thesuccessfulretiree.com>