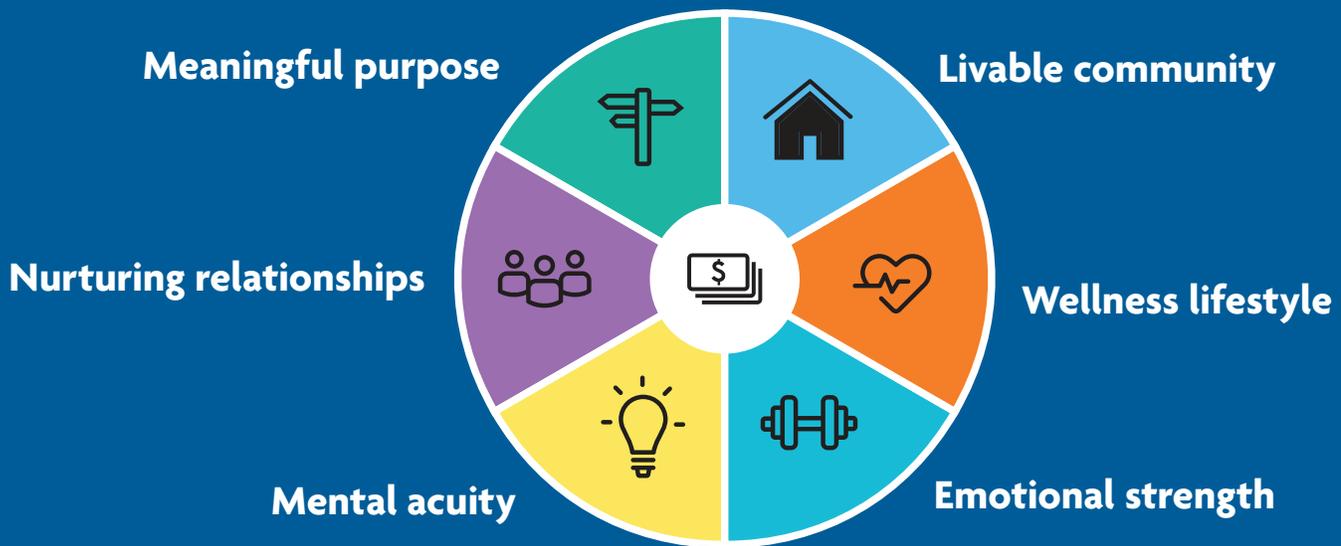


Your guide to a

# Well-rounded retirement

# Overview



The focus of this guide is on those things that we look forward to in retirement: the factors beyond your account balance that make for a satisfied retirement. It is critical to have a well-thought-out financial plan. A singular focus on that, however, is insufficient because a good retirement isn't just about how much you have saved. A good retirement is about what you have saved that money for.



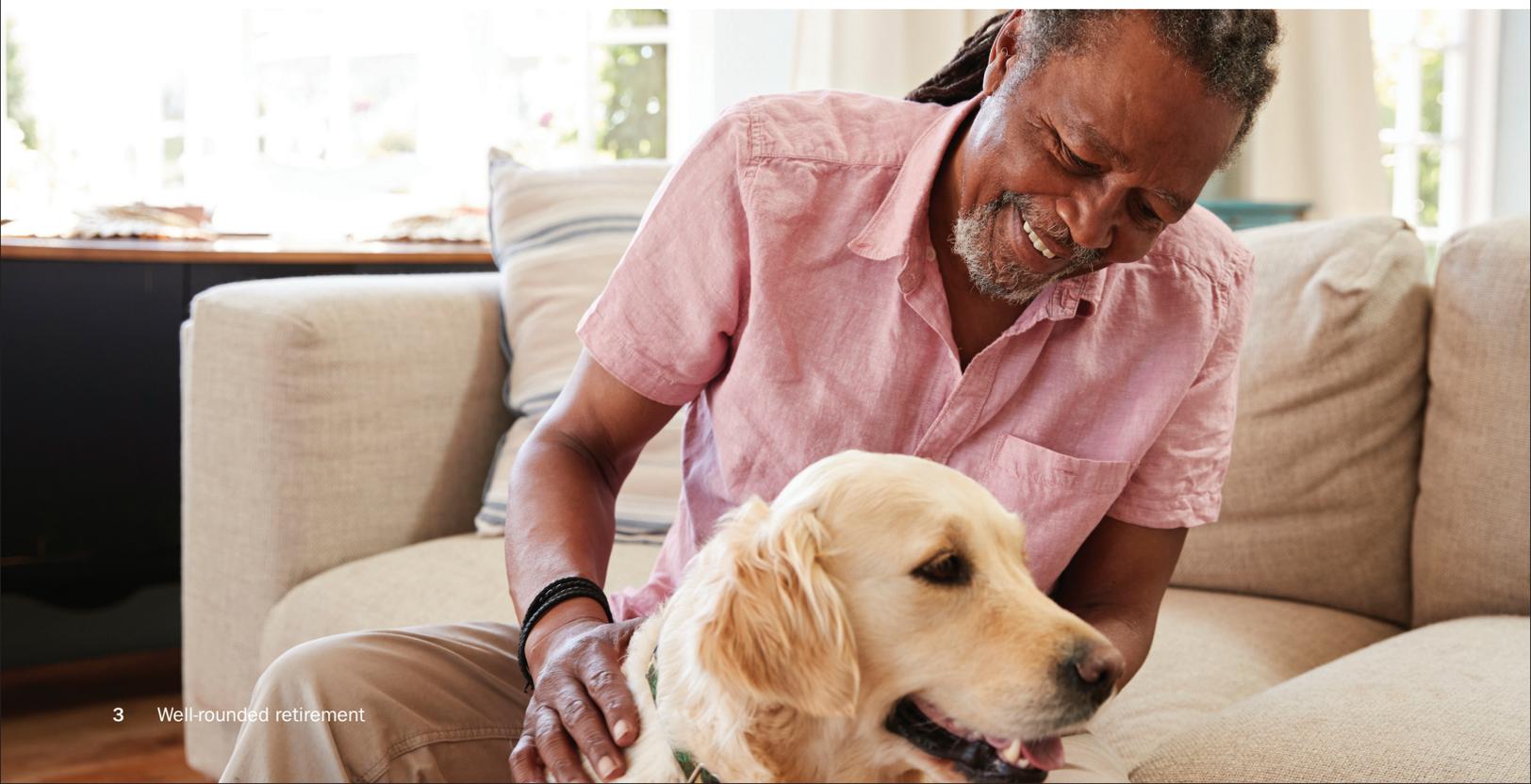
This guide supplements the TIAA “Well-rounded retirement” webinars and recordings by providing an overview of other aspects of retirement that you need to think through in order to have a satisfactory next chapter.

The illustration to the left is the well-rounded retirement model, and it pulls together many of the aspects of a satisfactory retirement.

-  **Meaningful purpose**  
Getting clear about what success in retirement looks like to you.
-  **Livable community**  
Identifying the people and places where you thrive.
-  **Wellness lifestyle**  
Having a way of living that is physically healthy.
-  **Emotional strength**  
Developing a sustainable outlook about yourself and the world around you.
-  **Mental acuity**  
Learning continuously and being curious.
-  **Nurturing relationships**  
Enriching our life through building and maintaining healthy relationships.

 And in the middle of the model is what we traditionally think about when we think of retirement—a **financial foundation**—not as an end unto itself but as an enabler of the rest of the model.

This guide provides questions to contemplate and discuss, ways to get started, and suggestions of resources for further exploration for each of the nonfinancial aspects of the model. Additional nonfinancial retirement resources can be found at [TIAA.org](https://www.tiaa.org) by searching for “Live Smart.”



### Additional resources

- *Life Forward* by Pam McLean
- *Purposeful Retirement* by Hyrum Smith
- *What Color Is Your Parachute? for Retirement* by John Nelson and Richard Nelson Bolles
- *Designing Your Life* by Bill Burnett and Dave Evans
- *The Power of Purpose* by Richard Leider
- *Life Reimagined* by Richard Leider and Alan Webber
- *Repacking Your Bags* by Richard Leider and David Shapiro

# Meaningful purpose

## Questions to contemplate and discuss

1. Even if you have never committed it to writing, how would you describe your current purpose?
2. How has that purpose helped you in your career?
3. As you contemplate and plan your retirement years, how do you anticipate your purpose changing?
4. What might hinder you from thinking about your purpose?
5. What parts of your identity might have to change in retirement?
6. Of the six passions identified, which one most draws your interest?
7. What parts of your current chapter of life do you most fear losing?
8. What motivates you?
9. What goals do you have that remain unfinished in this chapter of your life?
10. What goals do you have for retirement?
11. Who do you need to share your retirement goals with?
12. What support do you need from others to be successful in retirement?
13. If applicable, what are your spouse's or partner's goals for their retirement?
14. How might you support them?
15. What location would help you get clearer about your purpose in retirement?



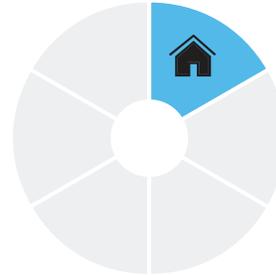
## Getting started

- Begin with noticing yourself, the others around you and your circumstances. Record these observations in a journal and go back and read and reflect upon what you are seeing.
- Psychiatrist Viktor Frankl's suggestion for detecting our purpose to let life question you—observing and noticing the lessons to be learned in our circumstances. Write about your key learning experiences. What has life taught you through your experiences?
- Write your autobiography.
- Share your purpose with others and ask for their perspective.
- Get curious about the retirement experiences of others and ask them questions about what they have learned.

# Livable community

## Questions to contemplate and discuss

1. What makes you feel “at home”?
2. Where in your life currently do you feel the greatest sense of belonging? Reflect on how you came to belong in this group.
3. Think about a social community that was once a meaningful part of your life but you are no longer part of. What prompted you to leave that community? What was the process of letting go of those social connections like for you? What did you learn from that experience?
4. What communities would you like to be part of in the next chapter of your life?
5. How do your most important social communities influence your thinking about the physical community you want to live in?
6. What dreams or hopes do you have about where you would like to retire?



### Additional resources

- *AARP’s Guide to Downsizing the Family Home* by Marni Jameson
- *How to Retire Overseas* by Kathleen Peddicord
- *The Turquoise Table: Finding Community and Connection in Your Own Front Yard* by Kristin Schell
- *50 Fabulous Planned Retirement Communities for Active Adults* by Bob Greenwald
- Meetup.com Online listing of local groups that meet regularly around many topics. Each meetup group is organized and managed by a community member.

### Getting started

- List the social communities that you are currently a part of. Consider communities based on faith, family, interests, hobbies, experiences, history, language and profession to get you started.
- Put a plus sign next to each community you want to maintain or strengthen your ties with in retirement. Put a minus sign next to the communities you would like to weaken or end your ties with in retirement.
- Add to your list any additional communities you would like to join in retirement.
- Journal about the experience you have had in the communities you would like to weaken or end ties with. Express gratitude for the positive impacts of being part of that group.
- Journal about your hopes for the communities you would like to create or strengthen your ties with. What would you like to contribute to these communities? What do you hope these communities will contribute to your life?

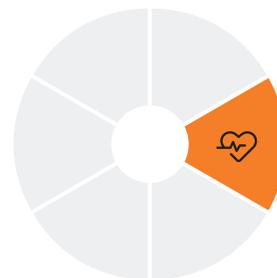
### Additional resources

- *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* by Rachel Adelson
- *Strength Training Over 40: A 6-Week Program to Build Muscle and Agility* by Alana Collins
- *Younger Next Year* by Chris Crowley and Henry Lodge
- *Houseplants for a Healthy Home* by Jon VanZile

# Wellness lifestyle

## Questions to contemplate and discuss

1. How can I improve my nutrition now?
2. What physical, emotional or motivational barriers are stopping me from improving my nutrition? What help do I need to remove those barriers?
3. What forms of exercise do I enjoy most?
4. What physical, emotional or motivational barriers are stopping me from being consistent in my exercise goals? What help do I need to remove those barriers?
5. Which basic care routines am I doing consistently?
6. What lessons can I learn from my successes that will help me to add new wellness routines to my life?
7. Do I have the proper legal documents to help my loved ones manage my care effectively? If not, what is my next step for making those arrangements?
8. What preventative screenings are right for me?
9. What changes could I make to my home to make it safer for me and my loved ones?
10. How can I better understand my genetic risk factors?
11. What actions can I take to reduce the health risks inherent in my genetic profile?



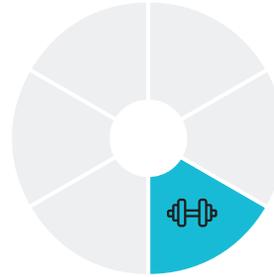
## Getting started

- Begin by considering the questions above yourself.
- Explore any of these questions with your doctor and other healthcare providers.
- Make a list of simple one-time actions you can make immediately and schedule a time to complete those actions. (Examples: Buy a fire extinguisher, complete your medical power of attorney paperwork, etc.)
- Prioritize the list of behavioral changes you may want to make to improve your health.
  - Review the list with your doctor and loved ones.
  - Make a plan to adopt one new routine at a time.
  - Take it slow and have compassion for yourself as you make these modifications.
- Be gentle with yourself. Progress trumps perfection.

# Emotional strength

## Questions to contemplate and discuss

1. What is your pattern of handling difficult conversations?
2. How do you get feedback about yourself?
3. What feedback have you gotten in your career that was most rewarding? Most difficult?
4. Are you naturally optimistic or is it something you have to work at?
5. What do you need to learn about your own emotional responses?
6. Have you ever shifted your thinking about something that you deeply believed or something that you valued greatly? What brought about the shift?
7. How do you open yourself to hearing other's perspectives?
8. What adversities have you faced and what did you learn about yourself and others through those experiences?
9. How do you want to approach your emotional life differently in retirement?
10. What are your sources of strength and how do you connect with them?
11. What lessons have you had to learn the hard way?
12. What reflection practices do you currently use? Will they be helpful to you in retirement?
13. What's the biggest emotional dilemma you might need to resolve in retirement?
14. Which of the questions above seem most difficult for you?
15. Which questions above do you most need answers to?



### Additional resources

- *Successful Aging* by Daniel Levitin
- *Learned Optimism* by Martin Seligman
- *Conversational Intelligence* by Judith Glaser
- *Crucial Conversations* by Joseph Grenny and others
- *Mindset* by Carol Dweck
- *The 60-Year Curriculum* by Christopher Dede and John Richards

## Getting started

- Review the questions related to the emotional work of retirement above, journal about those questions, and have a conversation with a trusted advisor to share your thoughts and hear their perspective.
- Tune in to your self-talk—is it accurate? Does it reflect a sense of optimism?
- Develop a reflection routine to identify your learning.
- Consider your mood. How are you showing up with others? Is that what you want?

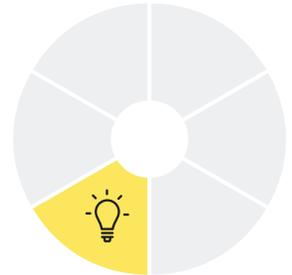
### Additional resources

- *The Three Box Life* by Richard N. Bolles
- *The Owner's Manual for the Brain* by Pierce J. Howard
- *How We Learn: The Surprising Truth About When, Where, and Why It Happens* by Benedict Carey

# Mental acuity

## Questions to contemplate and discuss

1. Reflect on your life. How have you managed learning, work and leisure over the course of your life?
2. What percentage of your time would you like to spend in each category over the next five years? What routines would you like to maintain in your life after retirement?
3. What routines would you like to discard?
4. Which work projects/tasks will be the hardest for you to leave when you retire? What can you do now to begin letting go?
5. Which workplace relationships are most important to you? How can you maintain those relationships after retirement?



## Getting started

Build a learning agenda by answering the following questions:

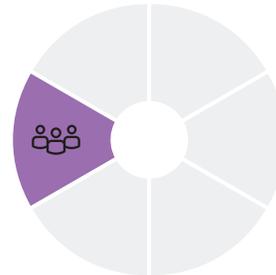
1. What current interests or skills do I want to deepen?
2. What skills or interests have I let go that I want to pick back up?
3. What have I wanted to explore but never had the time?
4. Which interests of my loved ones am I interested in exploring?
5. What skills will be important for me to cultivate to fulfill my purpose?
6. Which technologies do I need to be proficient in to have access to new learning resources?

Select one item from your list and begin to explore it by:

- Talking to a fan.
  - Find someone who enjoys this activity and ask for their story about what drew them to this activity, what they have learned as they have engaged in it, and what advice they have for a beginner.
- Checking the price tag.
  - Research the cost of any essential items to engage in this activity. Consider how you can reduce the cost by sharing, borrowing, renting until you make a commitment to the activity.
- Giving it a test drive.
  - Research opportunities to try this activity. Most activities offer an opportunity to watch, participate or start small.

# Nurturing relationships

## Questions to contemplate and discuss



1. Who are the key people in your current chapter of life? List them.
2. How might this list change in retirement?
3. What relationships might be at risk in retirement?
4. What new relationship do you anticipate in retirement?
5. How would you characterize your ability to hold and maintain appropriate boundaries?
6. What important conversations do you anticipate as you prepare for retirement?
7. Which of your relationships would you characterize as “transformational”?
8. Who needs your affirmation?
9. Who needs an apology?
10. What relationships need to be renegotiated?
11. How do you talk to people about difficult things?
12. How do you handle the emotions of others?
13. What’s it like to meet new people?
14. What do the people closest to you need from you?
15. What conversations do you dread? What support do you need to hold these conversations better?

## Additional resources

- *Successful Aging* by Daniel Levitin
- *Bowling Alone* by Robert Putnam
- *Connection Culture* by Michael Stallard
- *What Color Is Your Parachute? for Retirement* by John Nelson and Richard Nelson Bolles

## Getting started

- Consider your retirement interests and activities.
- Identify the types of relationships that will matter and might matter.
- Make a list of new relationships that you may need to build in retirement.
- Strengthen current relationships by asking what other people need from you—not material things, but rather how they need you to be with them.
- Build relationships with people who share similarities and who are different.
- Build relationships with people who are better than you in an activity that you want to nurture or pursue.



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