

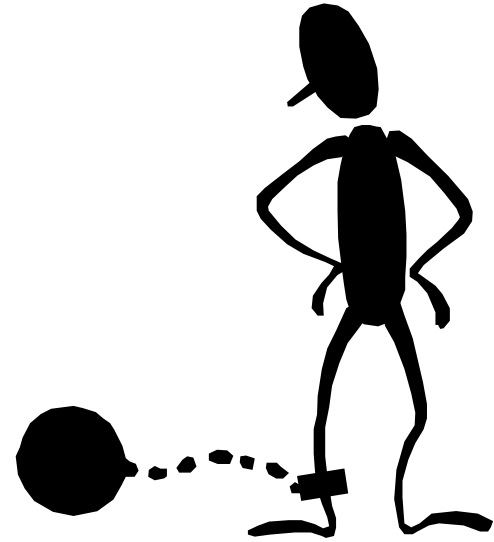
# Pre-Retirement Lifestyle Planning

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<http://www.derilatimer.com>



# Opportunities



# Challenges

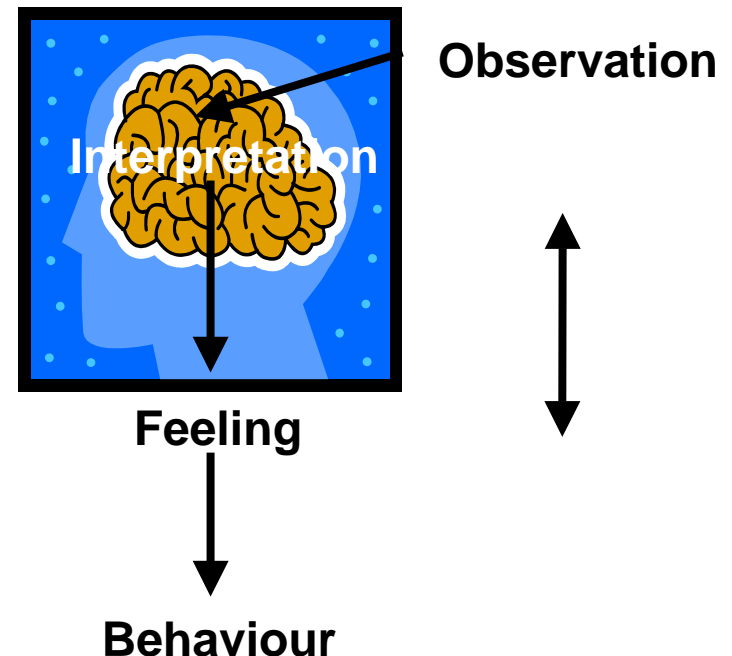
# What You See is What You Get

- Observation
- Interpretation
- Feeling
- Behaviour

- “Attitude”
- “State of Mind”

No Objective Reality

Values/Beliefs/Attitudes  
Past Experience/Learning  
Needs/Interests/Expectations  
MOTIVATION



# Challenge Your Thinking

- Creativity
- Patterned Thinking
- Lateral Thinking



*“Faced with having to change our views or prove that there is no need to do so, most of us immediately get busy on the proof.”*

*-John Kenneth Galbraith*

- Innocence
- Question

**Pay Attention**

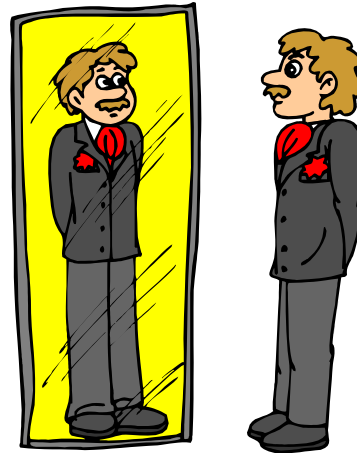
# Who Are You and What Do You Want?

- Write a New Script
  - Purpose
  - Structure
  - Community

“See yourself and what you see you will become.”

Aristotle

- Goals
- Appreciation
- Confidence



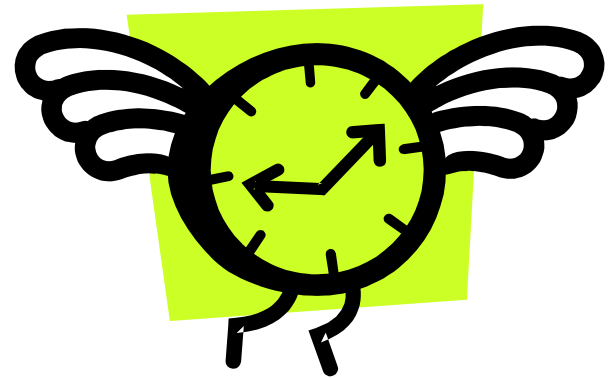
# Beware “The Disease”

- It afflicts over 20,000,000 North Americans
- It can give you a headache or a backache
- It can give you insomnia or make you impotent
- It has been labeled as a cause of gambling, overeating, and hypochondria
- What is the ailment?

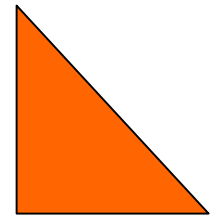
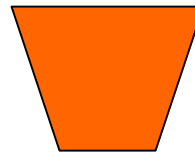
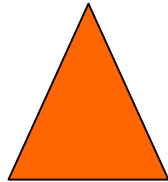
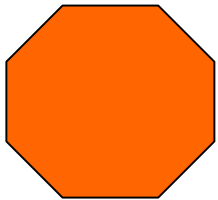
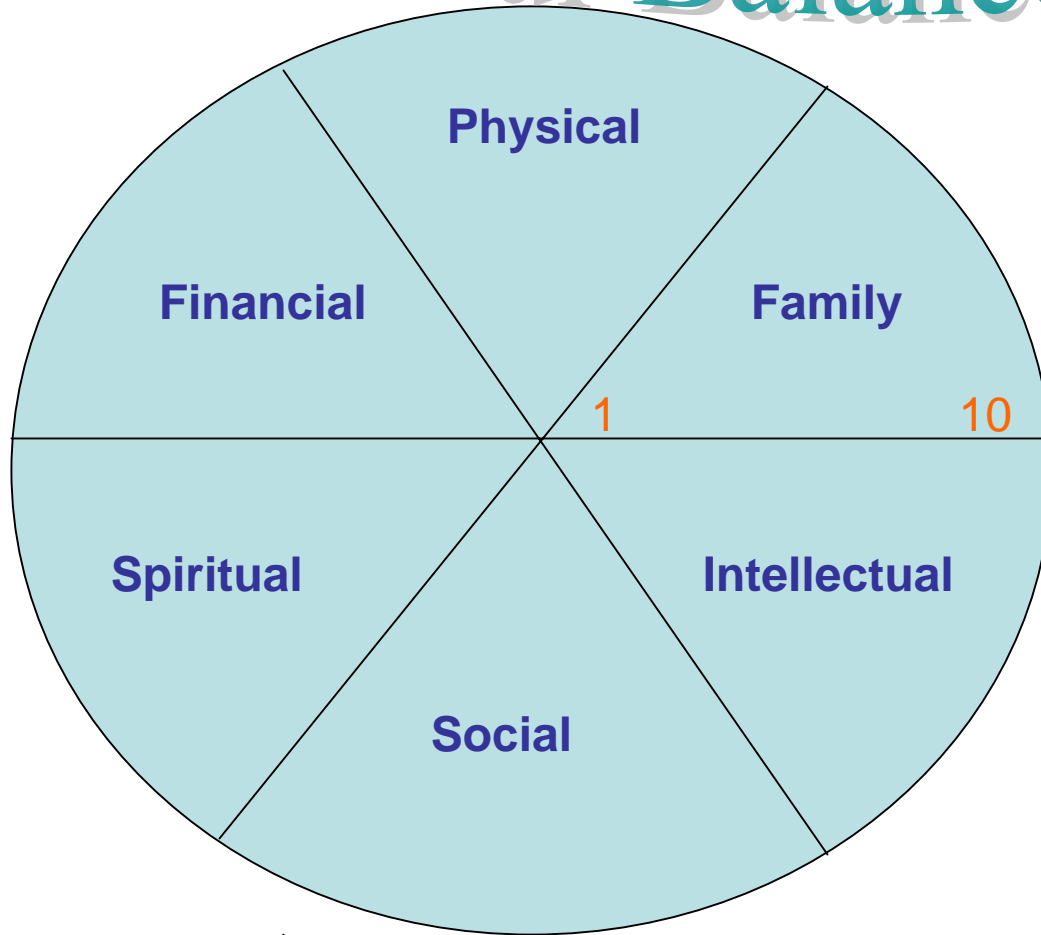
# A Balanced Lifestyle

- Financial
- Spiritual
- Physical
- Intellectual
- Social
- Family

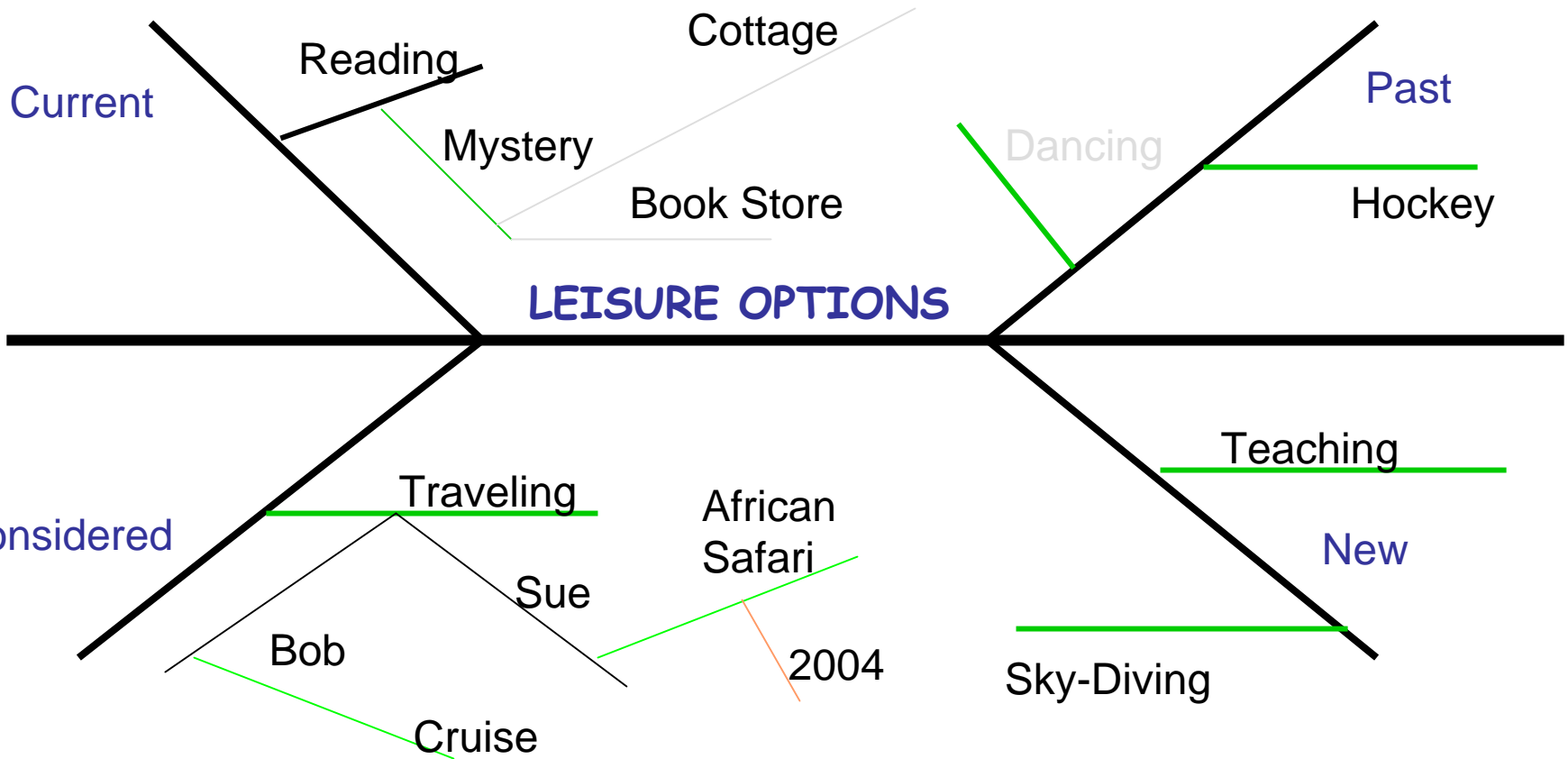
THE TIME IS NOW



# How's Your Balance?



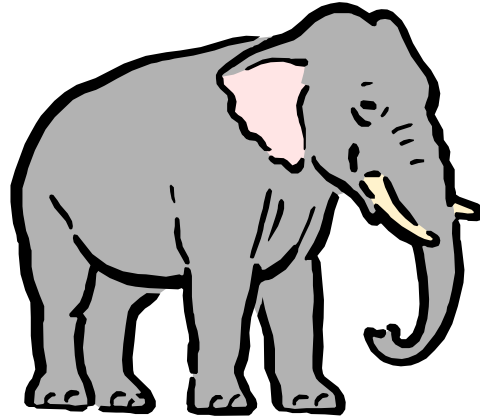
# Grow A Leisure Tree



**What, Where, When, How, Who**

# Goal For It!

- S.M.A.R.T.
- Action Steps



*Vision without action is a daydream; action without vision is a nightmare.*

- **Be in the Moment**
- **Create and Correct**
- **Focus on Can-do's**
- **So What – Keep Going**

**"Yeah, but..."**

# Laugh

- Laurel and Hardy
- “Internal Jogging”
- Antidote to Stress
- No Side Effects



# Happily Ever After....Every Day

*“Everything can be taken from (us) but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s way.”*

*Viktor Frankl*

*“The time to relax is when you don’t have time for it.”*

*Sydney Harris*

*“A man (woman) who finds no satisfaction in himself (herself), seeks for it in vain elsewhere.”*

*La Rochefoucauld*

*“The road is better than the inn.”*

*Cervantes*

