

life planning matters

DESIGNING THE BEST YEARS OF YOUR LIFE 

March 2004

"If I'm good enough to go to work on the last day of my 64th year, I should be able to get up on the first day of my 65th year and do the same job I did the day before. That way they can never say I didn't come to work. What are they going to do? Throw me out? Well, they might. But I will still show up!" *Melrose Scott*

Question: What three concerns did retired men have six years after retirement that preempted money and health? Read on and find the answer!

This Month

Mental Health Matters

Reading Matters

Web Site Matters

Ad Hoc Matters

Mental Health Matters

A new study funded by the Canadian Institutes of Health Research has confirmed that talking can help people resolve emotional problems.

Now I don't believe I have any emotional problems, not at the moment anyway! But, I have been testing some talk therapy on myself and at my seminars. The older we get, at least chronologically, the more prone we are to think about age and its consequences. An ache here and there etc. No big deal, but my wife Brenda has been enquiring what arrangements she should make for a "certain" birthday that is approaching... so age has been on my mind a little more than usual.

The interpretation of age I have been discussing in my retirement life planning seminars is this. That our persona is the sum of different ages. First, chronological age and we cannot do much about that, although I still believe the registrar of the day was cranky the day my Mother registered my birth and he purposefully recorded the wrong date by adding ten years!

We do have control over the way we think and feel about three other age categories - our mental age, physical age and our age of wisdom.

Mentally I got a boost recently having consulted a nutritionist when she confirmed that I was in the top 10% nutritionally - that my general health was that of a younger person. That confirmation also fueled my energy and caused me to "put out" more during my exercise regime. This of course has long term positive effects on one's physical age.

Our age of wisdom is slightly more difficult to capture accurately. Perhaps it is because I have had so many life experiences with all manner of outcomes that I feel older - in wisdom - and that's a benefit!

People leave our workshops with a better understanding of what age and ageing really means. So going back to the research mentioned earlier, talking and thinking accurately can improve our resiliency towards age. And, talking is a way of accessing parts of the brain that can be helpful in staying worry free.

"There is a fountain of youth, it is your mind, your talents, the creativity you bring to your life, and the lives of others you love. When you learn to tap into this source, you will have truly defeated age." Sophia Loren

Reading Matters

Robert Fritz made history with the release of his classic book *The Path of Least Resistance* a book that has influenced readers throughout the world. Now Robert expands his groundbreaking insights in his latest book *Your Life As Art*. Its wisdom is penetrating and its scope vast.

His book is about learning to live on your own terms - becoming the author of your own destiny. This is a book for any adult to read but particularly those approaching retirement. There are some excellent exercises to bring home the reality. "Your true spirit is alive and well and waiting for modes of expression. It is a latent part of your dynamic urge. It strives for a voice." Check out www.robertfritz.com to purchase this book.

Ernie Zelinski has self-published several books including his latest *How to Retire Happy, Wild and Crazy*. This might have been the book I would have written on retirement life planning but you know there's that "time excuse" that hinders us so often from accomplishing what we really want to do! Pricing in the stores is around \$21 but we have a number of copies available for \$15 including tax and postage. Just click on News@LifePlanningMatters.com to order your copies. They make a great gifts!

Web Site Matters

Our new web site www.LifePlanningMatters.com is up and running. If you try and be a perfectionist with web content you would simply never get them up and running. There is still some work to do but our designer Jeane has done a great job making it work so well. Check out her other work www.digiart.bc.ca ! Please don't hesitate to let us know what you like about the LPM site and what might be improved upon - News@LifePlanningMatters.com. There are separate sections for Financial Advisors, Baby Boomers and Business Owners - and much more.

Ad Hoc Matters

- **Granville Island, Vancouver - April 21, 2004** "Designing the Best Years of Your Life" one day summit workshop. Space still available - for details email Events@LifePlanningMatters.com.
- To receive our list of **24 values To Live By**, click on News@LifePlanningMatters.com, entering "24 Values" in the subject line. You'll smile!!
- Be the **sixth person** to acknowledge (by email) reading this e-newsletter and win one copy of Ernie's book featured in the Reading section.
- **Westjet's World** is also our world! **To enquire about "Designing the Best Years of Your Life" one day summit workshop anywhere along Westjet's flight path please telephone 1-866-UBEYOND** or email Events@LifePlanningMatters.com.
- We think ahead and are already planning a very special retreat in March 2005. Visit www.lifeplanningmatters.com/events.html for more details.

- Answer to the question above: The three concerns that affect retirees more than money and their health are - missing friends from work, being bored, and having trouble adjusting to change. These three concerns come up time and again in almost every style of research and conversation about retirement lifestyle planning. What are two focal segments of our summit workshops? Surprise... coping with change and avoiding boredom!

Thanks for joining us! - "When thinking won't cure fear, action will" - W. Clement Stone

Nigel Brown, Principal

Life Planning Matters

"Partners in Designing the Best Years of Your Life"

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