

10 TIPS TO PREPARE FOR RETIREMENT



- 1. Think ahead.** Retirement is a major life transition. Give yourself time to put pieces in place to ensure it goes smoothly.
 - Talk to a Retirement Planner: www.retirementplanners.ca/retiring_soon.html
- 2. Do the Math.** Protecting your future financial needs and anticipated income is a complex process. Consider seeking help from a trusted financial advisor or use an online retirement planning [calculator](#).
- 3. Put work in its place.** Redefine your identity with work as a less central component. Begin to engage in non-work activities that can later expand as you enjoy more “semi-leisured” living.
- 4. Take care of yourself.** A key retirement success factor is a healthy, active lifestyle! Eat well, sleep well, exercise regularly, value yourself, and learn to listen to and effectively manage your emotions. Health Canada has some helpful resources: www.hc-sc.gc.ca/hl-vs/jfy-spv/seniors-aines-eng.php
- 5. Strengthen relationships.** You’ll have more time to spend with family and friends, so surround yourself with people you want to be with; work at keeping relationships healthy.
- 6. Do an attitude check.** Flexibility and a positive attitude about retirement both contribute to retirement success. Read more: <https://www.canada.ca/en/financial-consumer-agency/services/financial-toolkit/retirement-pensions/retirement-pensions-1/3.html>
- 7. Count your blessings.** Satisfaction with your life and accomplishments paves the way for a happy retirement. One researcher found that the single best predictor of retirement satisfaction was work satisfaction...happy workers become happy retirees!
- 8. Find purpose and meaning.** Take time to reflect on what you’d still like to accomplish and set goals to get there from here. Create your “bucketlist” (see: bucketlist.org)
- 9. Keep learning.** Staying mentally active will contribute to your retirement satisfaction and success. Consider ElderCollege: www.ufv.ca/eldercollege/, www2.viu.ca/eldercollege/, or www.nic.bc.ca/eldercollege/ to name a few.
- 10. Take charge.** Consider how much time you’d like to devote to each of your life roles. Learn when to say “No” to requests and opportunities. Read more at: www.lifehack.org/articles/productivity/10-proven-time-management-skills-you-should-learn-today.html



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