

10 TIPS FOR PLANNING A FULFILLING HOLISTIC RETIREMENT



START EARLY

Start the planning process sooner rather than later.



ASSESS FINANCES

Understand your current financial state – income, expenses, assets and debts to give you a clearer picture of your financial plan.



DEFINE VISION

Identify what matters to you most in retirement. Set clear direction by determining your goals, values, passions and interests.



PURSUE PURPOSE

Engage in activities that bring joy and fulfillment and explore new interests and passions.



RELATIONSHIPS

Build strong relationships with family, friends and local community.



MAKE SAVINGS PLAN

Develop a sustainable income stream to ensure peace of mind and financial independence.



EMBRACE LEARNING

Expand your knowledge and skills. You are never too old to learn. Retirement gives you the opportunity to take up skills you have always wanted to learn.



STAY HEALTHY

Engage in physical activities such as walking, swimming and yoga. Eat a balanced diet including fruits and vegetables.



CREATE A LEGACY

Think about how you would like to be remembered. Write your memoir,



REFLECT & REVIEW

Carry out regular review of plans to ensure you are on track and adjust as goal is achieved or circumstances change



ARE YOU READY TO CREATE YOUR DREAM RETIREMENT?

Let us embark on this journey together to ensure a secure and enjoyable future. Inspire others by sharing your own path to retirement. Follow us and subscribe to our newsletter

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