Welcome to a new phase

?? Happy Retirement!

??? Retirement ?
No stress, no tension, no hurry,
No worry, no pressure, no deadlines,
No targets, no...no...no...no...
Is the power of your belief... keeping you in chains?
LOOKING BACK

Jar | Rocks | Pebbles | Sand

Time | Priorities | Urgencies | Distractions
Life | Important | Small Tasks | Leisure
When is your.................. Day ?

What do you think of this grand bye-bye ?
How do you look forward to your retirement?..1,2,3...

How do you look

Since when have you been thinking of retirement?

What changes do you foresee in your life style?

Do you plan to work somewhere else?
"I'm dreading it!"
"I can't afford it!"
"How will I cope with my partner 24 hours a day?"

"I shall be old and sick!"
"I shall be bored!"
"I shall be useless!"
"How shall I cope with him!"
Talent58: A Job Portal Only for Retirees and Those Looking to Retire
Retirement is a Journey, Not a Destination!
time for CHANGE
NEW LIFE

RETIREMENT IS WHEN YOU STOP LIVING AT WORK & BEGIN WORKING AT LIVING

I'M RETIRED SO EVERYDAY IS A WEEKEND

THE DAYS OF NINE TO FIVE ARE PAST.
I'VE WORKED ALL MY LIFE AND PAID MY DUES.
NOW I'LL DO JUST WHAT I CHOOSE!

WORK
RETIRE
What does your family expect from you?

Have you discussed the inevitable?

What do you expect from your family and friends?
<table>
<thead>
<tr>
<th>Clinging to one style for too long</th>
<th>Out of touch with many things</th>
<th>Resistance to change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retirement = divorce</td>
<td>The happier the work environment, the bitter the parting</td>
<td>If you don't plan for the new start, you plan for disaster</td>
</tr>
</tbody>
</table>
Are you just your profile?

Choice to be much more
Freedom to tread new paths
Be Your own boss!
Time for better equations - holistic
Blessing to do the things you love

Relax,
Care,
Serve,
Social network
Tour,.....
For a balanced life you need a dog to adore you and a cat to ignore you.
Japan pensioners volunteer to tackle nuclear crisis

By Roland Buerk
BBC News, Tokyo

Yasuteru Yamada said people from all walks of life were welcome to join the group

A group of more than 200 Japanese pensioners are volunteering to tackle the nuclear crisis at the Fukushima power station.

The Skilled Veterans Corps, as they call themselves, is made up of retired engineers and other professionals, all over the age of 60.

They say they should be facing the dangers of radiation, not the young.
elderly-aged-old

The WHO defines those aged 60 -74 years as elderly.

Highly Productive Age
Invaluable Human Resource,
Make your Mark,
Give back

Advantages of becoming elderly
Experience, wisdom, assessment, patience
Time – a great boon

Cultivate new interests
Look inward
Look outward
Correct and heal

3 TIPS FOR POST-RETIRED TIME MANAGEMENT

- Do more of what you love and less of what you don’t
- Commit finite resources like time and energy to things you feel are important
- Structure your life to support meaningful activities

Institute for Learning in Retirement

WARNING: Retired person on premises. Knows everything, and has plenty of time to tell it!
Practicality pays

Emotional bonds ??? self-analysis ???

### 14-Day Kindness Challenge

14 Days. 14 Acts of Kindness. Spread kindness to the lives of others today!

| Day 0: Get someone to join you in your kindness journey |
| Day 1: Give a hug to everyone you see |
| Day 2: Give up your seat to someone |
| Day 3: Write 3 thank-you notes to 3 people you appreciate |
| Day 4: Sign up for volunteer work (on top of whatever you have been doing) |
| Day 5: Give a genuine compliment to at least 3 people |
| Day 6: Talk to someone you normally don't talk to |
| Day 7: Make a donation |
| Day 8: Pick up litter |
| Day 9: Write a letter to someone who has made a difference in your life |
| Day 10: Send flowers to someone |
| Day 11: Be kind to someone you dislike |
| Day 12: Forgive someone |
| Day 13: Give someone a treat |
| Day 14: Do something unexpectedly nice for someone |

© Celestine Chua; Visit: http://personalexcellence.co/blog/kindness-overview/
Accept changes with a positive attitude,
get into new roles with flexibility,
Be open minded and widen your views...
Enjoy a purposeful life ahead!
All the Best!
Best wishes... Varalakshmi, (retired Reader)