

MaxAMAZING™ Your Retirement

Course Description

There will be short videos (my content) available for students to go through, as well as live discussion in our online time, as I guide participants through new ideas. Each new week begins with an explanation of terms/ideas, helping set the stage for discussion of personal meaning in each given area within the context of retirement. (After the first week, each new week also includes a review of past weeks). Homework will be emailed (1 to 3 worksheets per week) as well as optional reflection/journal questions.

Weekly Layout:

An introduction to the history of retirement (where the current definition came from) and the unique changes for those entering retirement now (culture shift, longer period of retirement, etc.)

Consideration of definitions, of core desires, and opening the possibility of making this stage MORE than was previously thought is a key foundational consideration.

Rediscovering Yourself in Retirement / Identity: This is intended to be a practical, self-reflection and not a deep, philosophical exercise. Note who one is within the categories below that are related to identity—each of which reveals an important part of who you are, but is inadequate by itself to describe you fully: Ancestry/Nationality, Roles/Responsibilities, Abilities and Skills, Life Experiences/Accomplishments, Relationships/Connectedness, Spiritual Interests/Faith, Physique (age, gender, health).

We consider both Fond Memories, Special People, Meaningful Experiences and Values to establish the highest levels of personal meaning to an individual and strategize with how to align life to these needs in an effective and helpful way.

Delving into pursuits of peace, joy, security, and fulfillment, we consider the Facets of Life and personal Goals/Hopes/Dreams, we walk through what will be a personal reflection on each area's level of importance: Health and Wellness, Intellect and Skills, Avocation and Hobbies, Recreation, Experiences, Relationships, Community/Belonging, Spiritual/Faith. Together we highlight the most prominent and important identity(ies) and the facets of life that most closely tie to who a person is.

Weighing enjoyment versus fulfillment, we delve into the difference between the two and the Core Soul Needs that empower deeper meaning: reviewing Identity and Life Purpose, as well as building on Love and Peace.

LOVE: consider expedient versus enduring relationships; how to nurture the relationships that make us flourish (for greater fulfillment, and maximized enjoyment); and commitment to a journey of BECOMING together with others.

PEACE: consider circumstantial peace versus inner peace; what / who steals our peace vs. nurtures it; the importance of peace and love in retirement.

This final session helps each individual consider how their money is aligned with achieving their goals and fulfilling their core soul needs / identity needs:

What role does money play in helping you engage in the Facets of Life that are important to you?

Would allocating more of your finances to any of the Facets of Life Interests in a way that is aligned with your Life Goals, Hope and Dreams, give you greater enjoyment in life?

How can you structure your assets to provide the income necessary to fund the Facets of Life Interests tied to your Life Goals, Hopes and Dreams?