



Well-rounded retirement

An overview



Aspect

Current satisfaction

Meaningful purpose



Personal mastery, achievement, intimacy, play and creativity, search for meaning, compassion and contribution

1 2 3 4 5 6 7 8 9 10

In this chapter: Accomplish and change?

In the next chapter: Hold, build, let go?

Livable community



Sense of belonging, community, location, living arrangements, home

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Wellness lifestyle



Genetic factors, nutrition, medical care, lifestyle choices, environment

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Aspect

Current satisfaction

Emotional strength



Self-observation, optimism, adaptability, resilience, reflection

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Mental acuity



Curiosity, mental challenge, routine, social interaction

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Nurturing relationships



Developing, deepening, departing

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Financial foundation



Choices, freedom, account balances, protection and coverages, saving, spending

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