



## 7 BEST QUALITIES TO NURTURE IN RETIREMENT

### Curiosity

It's an innate, natural human tendency to be curious, but often in work life that quality has been suppressed, not encouraged, or due to lack of time, not pursued. Now in preparation for retirement, cultivating the curiosity you had, and following through to discover more about a topic, article, or hobby of interest, can boost a sense of happiness and satisfaction, and possibly reveal passions to learn and be excited about.

### Resilience

Two definitions can apply to acquiring resilience in your 50's and 60's, when most are preparing for their next chapter. One is about recovering your shape, or form, after a difficulty. The other is generating an attitude of flexibility when something knocks you off your desired path or plan. Because this is life, there will be setbacks, and probably losses as well. There is importance in having a vision for your plan or dream in retirement, but also in having the resilience to return to your desired path when setbacks come your way.

### Perspective

Perspective is another way of saying you can change the way you look at something, an event or individual, and see different possibilities. One way to get clarity on an issue is to ask yourself, will this matter in 10 minutes? 10 months? 10 years? Certainly applicable for relationships, but also circumstances, perspective can give you new insight and meaning if you practice it.

### Time Management

One of the 5 essentials to replace and address when leaving a career for retirement life, time management seems pretty straightforward. But without a tightly structured schedule, and lack of routine, for many high functioning people, boredom, listlessness, and sometimes depression sets in. The antidote is to proactively create, design, and plan your days as you best imagine would be in line with your purpose.

## Gratitude

One way to definitively boost your happiness in life is to practice gratitude on a regular basis. Research has shown that those who actively noted 5 things they were grateful for over a period of time were 25% happier than those who did not. A practice of gratitude generally results in a more optimistic nature, better self-esteem, and certainly creates better connection in relationships. It also fills the trunk of reserve for resilience and perspective in tough times.

## Adaptability

Have you ever heard, “Change is inevitable, growth is optional”? Personal adaptability to people, life events, and situations is a key ingredient for success in retirement, where as in life, “the only thing constant is change!” One way to figure out your current adaptability is to revisit how you handled past change, how did you feel, and especially how did that impact your relationships? The natural human response to change, even positive change, is usually some discomfort, but if we do adapt well, we can thrive in a changing environment.

## 10 Year old’s Joy, aka, Wonder

Did you see the SpaceX heavy launch... just seeing it on tv gave me goosebumps! Thinking of the innovations since I was born, made me relate to what my grandparents saw in their lifetime, from the late 1890’s to the 1970’s. This type of wonder and joy is accessible to all of us — we just have to practice it! Lots of retirees find wonder through the eyes of their grandchild’s first events or encounters — they see the world anew. Others can recall their own past pleasures, interests, experiences, and cultivate amazement and enthusiasm all over again. Wonder is in everyone, we just have to be open and remember your inner 10 year old.

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Three takeaways or action items you can do today:

- 1) Carry a small notebook or use your phone to capture ideas you’re curious about, and follow through, looking up, learning more, and/or start talking with people who may be into the similar interests or ideas.
- 2) Start actively noticing things/people/experiences which bring wonder and joy into your life. Just these small, intentional actions can boost your chance of discovering happiness in the next chapter!
- 3) Write down 3-5 things you are grateful for or find put you in a place of gratitude on a regular basis. Just the practice of gratitude can enhance your life!

*Listen to my interview about the 7 Best Qualities to Nurture in Retirement on the podcast, The Retirement Resource, with Beau Henderson:*

<http://www.richlifeadvisors.com/013-qualities-retirement-success/>