



Dear Baby Boomers

Jewish psychiatrist Victor Frankel noted that for life to be authentic, it must be a journey of meaning. A life without purpose and meaning is worthless and meaningless. Our first need in life is for purpose and this need does not change when we retire.

It is not always easy to find that special place where you feel you can add value. Author, Bill Hybels says the following: "Enlarge your world. Travel outside of your normal circuits. Visit other ministries or organisations. Get amongst the poor. Go on a mission trip to places like the ones that sparked something in Mother Teresa. Walk into a Hospice home or baby haven. Pick up the phone and call an organisation and ask how you can be of service. You never know what a move like that might lead you"

One of my 2 [EBooks available on my website](#) is called "12 Powerful Questions to navigate your future" I am including one of the 12 pages for you to read and work through or discuss with your spouse or in your community.

The other article attached to this newsletter is about making sure that you are looking at all the aspects of your life when planning for retirement. Through the coaching that I do with various companies, I find that most people are not spending time on all the shades of their rich life. Through Refirement Network, we offer an online profile called "What colour is your retirement?" The process takes about 30 minutes on line and will give you a broad overview of each area and a full report as well as an E Book by the same name. The cost for the profile is R 600 plus vat. Please be in touch with me on lsmith@mweb.co.za if you are keen to engage with the profile.

Remember to diarise the [Retirement Expo](#) happening at The Dome in October.

I am just back from a visit with my family in Thailand. Have a month filled with adventure, spend time with those you love and enjoy all the wonderful aspects of winter.

Lynda

Question 7 : How can I find purpose and personal meaning in my retirement years?

Retirement is a new forum where we need to search for and find meaning in order for it to be a fulfilling time in our lives.

Some of the meaningful aspects of retirement are an ever deeper personal growth journey, and the chance to pursue spiritual depth in our faith.

We also have the opportunity to grow in wisdom as we become unencumbered from the busyness of earning a living.

[Read more](#) Or [order the full ebook](#)



What colour is your retirement?

A 21st century retirement includes a new definition of success, and requires us to look at the long forgotten dreams that may have been in our hearts all along. This story explores the six zones that makes up a balanced life, and examines the implications of each for those of us who are starting to look at retirement.

A 21st century retirement includes a new definition of success, and a resurgence of a dream that may have been within us all along. For most of us, work gives a sense of ego-security, knowing that we are “somebody,” that we are successful, at least at some level. When we look towards retirement, we look for a new formula for success, and we have to dream up new challenges, and find new meaning.

[Read more](#)

Social Networking



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