



## You Have Enough Money to Retire...So Now What?

Congratulations! You've decided it's time to retire and embark on the next chapter of your life. You've met multiple times with your financial adviser and feel confident all your ducks are in a row. You're excited about the future and having more time to do what you want to do. So, now what?

Many of us focus on retiring "from" something, but more importantly, you are retiring "to" something. Unless you plan for this "to" something, retirement can feel empty and even a little scary. To help plan for this stage of life, we take clients through our "Tuesday Test."

Visualize a Tuesday six months into retirement. What do you see yourself doing? What's on your calendar for the day or week? When you have solid answers to these questions, you pass the Tuesday Test and increase the chances you will feel good about this stage of life.

University of Iowa researcher, Michael Edward Schluckebier, did a study on ways people best determine their purpose in life. Three helpful areas:

### **1. Develop a Support System**

Surround yourself with people who inspire you and encourage you to explore your passions. This support system can be made up of family members, friends, co-workers or anyone of any age who is a positive influence in your life. Networking with those who share your same interests through social media or in person networks can also be helpful.

### **2. Choose a Role Model**

Identify the person or people in your life that you want to emulate and determine how they got to where they are today. This should be someone who has qualities or a life path you admire. Speaking with these types of people and keeping these examples in mind can help you visualize your own path.

### **3. Do Stuff**

Having experiences is key to figuring out what you want to do with your life and developing that purpose in life is often a continuous journey. By getting out and trying new things it will help you decide what is and what is not important to you.

You've worked hard to get to this point, so take steps now to ensure that you will make the most of all your Tuesdays!