

Embrace your purpose in retirement

One's purpose, or "reason for being," evolves in response to life's changes, creating a journey of self-discovery, rewarding moments and personal contribution. As life takes on new meaning in retirement, embracing your purpose will enhance your well-being.

Why purpose is important

- Provides clarity and meaning in your life
- Promotes action toward your goals
- Supports a longer and healthier life
- Builds resilience to bounce back from setbacks
- Reinforces integrity and dignity
- Aligns your life with the present moment
- Allows you to contribute beyond yourself

Define your purpose

Your purpose lies at the intersection of what you care about, what you do well and what makes you feel valued. Use the space below to define your purpose.



What do you care about?

Think about what you need, your values and what brings you joy.

What do you do well?

Assess your strengths and unique skills.

What makes you feel valued?

Consider the needs of people in your life, your community and beyond.

What is your purpose?

Activate your purpose

You may have had a vision for how you will live your purpose in retirement that doesn't pan out the way you expected. If the activities you've engaged in aren't working out, that's okay. Keep trying new ideas, or "prototyping," different ways to transform your purpose on paper to your purpose in action. Make plans, take action, learn and evolve to discover your most fulfilling life.

5 ways to explore

Connect and inquire

Meet new people or reconnect with old friends and ask what they do. If it sounds interesting, ask if you can watch or join in some time. Schedule a date and make it happen.

Visit a club

Look for interest-based clubs in your area such as knitting, golfing or public speaking. Ask about attending a meeting as a guest to dip your toe in the water.

Take a trial class

Try classes you might enjoy — dancing, fencing, art, pottery, language, floral arranging or gardening. If you prefer academic learning, many colleges and universities allow residents to audit classes.

Volunteer

Ask local organizations if they need help in areas where you are skilled. Consider assisting with an upcoming event or contributing to a particular project to determine whether you would like to get more involved.

Test drive a career in low gear

If you are considering a new career, try a scaled-down version of it. For example, if you've dreamed of owning a restaurant, start with a few catering jobs.

What will you explore first?

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