

# Bring The Joy of Work Into Your Retirement

As you prepare for retirement, it's important to find a focus and meaningful purpose for your post-career life. The average lifespan of Canadians is rising, making retirement another lifetime to be filled with stimulating challenges.

Start by thinking about the aspects of work that you enjoy most, and those that you don't. Make a list of pros and cons. Maybe you like socializing instead of working alone. Perhaps you prefer structure rather than open-ended directions. Do leadership opportunities and competition make the days fly by? Is it a sense of accomplishment, mental stimulation, status, or financial rewards you crave?

## Use your talents when making a plan

Incorporate the elements you like and would miss in a work setting.

Grassroots volunteer and community activities could create a teamwork environment — where organizing a fundraising event, or developing a community garden, would be a productive use of time with a tangible payoff.

If you enjoy being a mentor, consider becoming a tutor, or offering yourself as a part-time teacher in your specialty to a continuing education organization.

Need to exercise your competitive edge? Join a retirees' hockey team or compete with yourself by training for a 10-kilometre run.

## Find creativity in retirement

You do not have to retire from creativity. Non-profit arts or cultural organizations embrace experienced managers who offer their expertise to help organize events like openings, conferences, or special dinners.

Volunteering in a museum or gallery to help visitors understand works of art may also be attractive. The role can be an exercise in communication, public speaking, and ongoing learning as you research the works and historical eras you describe.

If work was "hands-on," continue this by developing a hobby that involves fine craftsmanship and an artistic eye.

## If you're a leader

Sitting on the board of directors of a company or an organization you want to learn about can give you a different kind of hands-on activity, with status.

As a board member, you can tap into your skills for problem-solving and strategic thinking, without the daily headaches of full-time employment.

## Get paid for what you like to do

If financial reward is an element of retirement you desire, consider working part-time, consulting, or starting your own small business. Perhaps you can turn a hobby or an interest, such as gardening or woodworking, into a business.

In retirement, it's important to focus on what makes you happy and then plan how to get there. Think about what you love to do and what gives you a sense of achievement.

Tapping into what fulfilled you in your career will help create a meaningful and productive lifetime in retirement.

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