

Carrots, Eggs & Coffee Beans...



Which are YOU in Retirement?

A new retiree went to an older wise woman and told her about her retired life and how things were so hard for him. He did not know how he was going to make it and wanted to give up. He was tired of fighting and struggling. It seemed that as one problem was solved a new one arose.

The wise woman took him to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a

bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to the retiree, she asked, "Tell me what do you see?"

"Carrots, eggs, and coffee," he replied.

She brought him closer and asked him to feel the carrots. He did and noted that they got soft. She then asked him to take an egg and break it. After pulling off the shell, he observed the hard-boiled egg. Finally, she asked him to sip the coffee. The retiree smiled, as he tasted its rich aroma, then asked. "What's the point?"

The wise woman explained that each of these objects had faced the same adversity - boiling water - but each reacted differently.

The carrot went in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

"Which are you?" she asked the retiree. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Think about this: Which are you?

Are you the carrot that seems strong, but with pain and adversity, do you wilt and become soft and lose your strength? At this point, you can barely protect and nurture yourself, let alone your loved ones.

Are you the egg that starts with a big heart, but changes with the heat? Did you have a easy flowing spirit, but after retirement, a death, financial hardship or some other trial, have you become cold-hearted and stiff? Does your outer shell look the same, but on the inside are you bitter and tough with a sad spirit and a callous heart?

Or are you like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the retirement water gets deep and hot, you release the fragrance and flavor of life. If you are like the coffee bean, when things are at their worst, you get better at adapting and change the situation (and people) around you. People admire your great attitude about life.

Coffee Beans grow in their retirement and find themselves again! These retirees find new identities and new purpose, even if that is only becoming content in your new retirement lifestyle, accepting what life is.

ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?

Renew YOU, Love Your Life Again!

90 Day Retirement Transition Coaching Program

Are you living a retired life that you love? Do you want to wake up in the morning looking forward to the day ahead? Would you like to take action to revitalize your life?

I know how challenging it can be to make shifts in our lives. With me by your side, we'll carry out a step-by-step 'spring cleaning' of your life so you can live the joyful, passionate life you deserve to be living.

"Renew YOU, Love Your Life Again!" is a balanced, well-crafted program that guides you through a 3 step process over a course of 90 days. In 3 months, you'll get to the heart of what's holding you back so you can reset your habits and refresh your life. Leave the blahs behind and connect with your joyful, energized self.

Program overview:

Month 1: *Take Stock; Discover what makes your retired heart sing!*

In the first month, we'll take stock of where you're at, discover what makes your retired heart sing and take the first steps to brighten up your life! Through powerful coaching exercises we'll identify ways to invest in what feeds your soul, and connect what you discover about yourself with your goals!

Month 2: *Declutter: Give your life a spring clean!*

In the second month, we do a detox to get rid of the obstacles and energy sucks that are getting in the way of your well-being. By cutting away the dead wood, you'll make space for new growth. Commit to letting go of what is holding you back so you

can embrace your life with the vitality you need to take on your wildest dreams!

Month 3: *Design; Embrace your awesome, purpose-driven life with fresh energy and a positive outlook!*

In the last month, we'll set healthy new habits to support you and create a spark team of positive people who support, encourage and inspire you to achieve what you want in your life. You'll set well-crafted achievable goals for the next quarter - based on the vision you have for your life. With daily practices and long-term visioning you'll gain the momentum you need to spring into success.

Don't waste any more time putting off your heart's desires in retirement. If you want clarity and guidance as you step into your wholeness, let's work together.

If you're ready to transform the blahs into aha's! - [check out this program here!](#)

Break free of the 'daily-grind' and enjoy this 'adventure called retired life' as much as you possibly can!