

Retirement Online Magazine

**RETIREMENT
HAPPINESS
PROJECT...
JUST HAVIN' FUN!**

**RETIRED FRIENDS
WORLDWIDE!**

NO MORE ANXIETY

FIND PURPOSE

Wendy at Partridge Creek
Mall, Michigan...
Hugging my MacBook cover
while waiting for repairs!

BROUGHT TO YOU BY:

Wendy Fisher, retirement enthusiast working in the retirement field for 30 years now... and loving it too! www.retirement-online.com

Happiness TIP

DO Something... Anything!

STEP OUT of your Comfort Zone! Consider something totally new, volunteer, help a neighbor, start a home business, take a part-time job. Find Purpose in Life again!



RETIREMENT HAPPINESS PROJECT

WHAT is [Retirement Happiness](#)?

The answer is different for every retiree but there are some similarities: we need to find identity, purpose, to be someone.

This might mean something as big as a new business online or something as simple as finding new friends (online or locally) that you can communicate and celebrate daily life with. Right?

It's all about YOU and YOUR perception of retirement happiness!

I want to help you consider your options for a retirement lifestyle that is all about YOU.

There are five main retirement issues I've identified after surveying retirees. Please don't assume you are alone in your retirement

anxiety. Many others struggle through retirement, just like you do and you WILL overcome!

The [top retirement issues](#) are:

27% -- Retirement Transition: Who Am I and What Do I Do All Day?

26% -- No Energy, No Purpose, No Focus, No Goals: Just Daily Living

20% -- Lonely: Need Friends; Family & Friends Busy

20% -- Money: Low Income, Not Enough Savings, Will It Last?

10% -- Health Issues

2% -- Other

Try These Affirmations to Strengthen Your Mind

1. [The Door is Half Open!](#)
2. [I Find JOY in my Solitude!](#)
3. [Forgiveness is a Gift!](#)

Retirement Help 101

RETIREMENT COMMUNITY

(PRIVATE)

If you are bored silly, or simply want to find new friends online - worldwide - try my private [Retirement Community](#). You can chat in groups, or privately - or search the database of 1400+ retirees, then read their page to find who you'd like to communicate with. Just one more way to connect...

BOOMER HOME BUSINESS

I love my websites. I love the challenge of learning new things online. I love meeting the wide variety of retirees that I chat with on a daily basis. I admit... I am a Retirement Geek, but I'd bet you have an interest that you could build a home business on too! Oodles of

ideas to consider!

RETIREMENT HOBBY, ANYONE?

If you simply have no hobbies, no interests — hey, it happens as we are too busy spending a lifetime working.... lots of [hobby ideas](#) here. You might find a new hobby OR renew one you had as a child or teen, but forgot long ago — when life got in the way!

MEDITATION CAN HELP TO

CENTER YOUR MIND

I started to learn about [Meditation](#) when I retired. I had the time, and I wanted a bit more peace and contentment in life. For me, it worked well. Another idea here sounds odd, but [Adult Coloring Books](#) are all the rage... they allow your mind to work out issues while you are busy playing!

Financial Retirement is what the media talks about... but it only made worry #4 of 5 in my survey.

It's not all about money, though money obviously helps in dreaming possibilities. There is plenty you can

do to be healthy, happy and engaged in life - without much cash - seriously.

Life can be rich with activity and friends, even while you are aging... put some time and effort into LIFE and you'll be surprised what you find!



DON'T DO THAT. DO **THIS!**

#1 MYTH: Everyone I know LOVES Retirement!
They are busy, having fun....
— BUT, Why Am I Anxious? Why am I Stuck?

You retire and suddenly:

- You've lost your identity... who are you?
- You have all this free time, time with no commitments, something you waited for all your working life... but you are not happy.
- Your head is running in circles, anxiety run amuck, never ending questions with no answers.
- You do little all day, every day, bored, lazy, and you hate being like this... but you don't do anything about it. You are stuck.

WHAT TO DO?

Get moving again. No more couching it all day, get out of that house, don't care where you go — get a cuppa coffee, visit a gym, go to the library even if you haven't entered a library for years. Check out www.meetups.com - enter your zip code and see what clubs are in

your local area. Never know quite what fun you might find out there, until you try!

Subscribe to my [Retirement Ideas Workshop](#) (delivered by emails) and maybe you'll like some of my ideas to keep busy too!

You might also buy my book [Retirement Anxiety, Stress & Depression: Be Gone!](#)

WHY? I want to prove that it's not just you feeling this way. You will feel better reading retiree stories to see how common this is!

