

# Retirement Online 2020



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

**Retirement ROCKS!**

## **BROUGHT TO YOU BY:**

Wendy Fisher, [Retirement Enthusiast and Coach](#) working in the retirement field for over 30 years now... and loving it too! [www.retirement-online.com](http://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

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](#) based on my website survey are:

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

26% -- No Energy, No Purpose, No Focus, No Goals

20% -- Lonely: Need Friends; Family & Friends are still busy working

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

10% -- Health Issues

2% -- Other

### Try These Affirmations to Strengthen Your Mindset

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

# Retirement Help 101

**Workshops:** Check out my [Retirement Workshops](#) page. Some workshops are free, others have a fee. Either way, never stop learning!

**Want to Chat?** Schedule a half-hour coaching call and let's talk! [Go here.](#)

**Retirement Books:** These are [my ebooks](#) (some free, some for a small fee) and I hope something helps YOU move forward in life! Here are my [Amazon Kindle books](#).

**Keeping Busy:** Interested in [Ideas to Keep Busy](#)? Get a series of emailed ideas... maybe the perfect one will pop into your vision of retirement!

**Share here:** Do you want to share [Your Retirement Story](#)? Your story can help others, plus you'll get feedback from retirees who have been there and done that. It's really a win-win for you! If you don't care to

share, read what others have posted to learn about what retirees face.

**Survey:** Add Your Two Cents to my [Retirement Survey!](#)

**Retirement Community (private):** If you are bored silly, or simply want to find new friends online - worldwide - try the [Retirement Community](#). You can chat in groups, or privately. Search the database of 2000+ retirees, read their page to find who you'd like to communicate with. Just one more way to connect.

**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!

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Finances in 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. Never know quite what fun you might find out there, until you try!

Subscribe to my Retirement Ideas Workshop (previous page). Join the Retirement Community (ditto). Do something today to connect with others and get out of your head. You don't even have to discuss retirement — just chat.

You can download my free report here: [The Link Between Anxiety & Insomnia!](#)

Schedule a free coaching call (see page 2). Let's chat about any issues facing you. Let me help you unscramble your thoughts!

Read my site, especially the [Anxiety pages](#). WHY? I want you to know that it's not just you feeling this way. You will feel better reading retiree stories to see how common this is! If you read stories written by other retirees, you will see this is only one more phase of life, and you are feeling what many others do. That knowledge is invaluable.

You Are Not Alone.