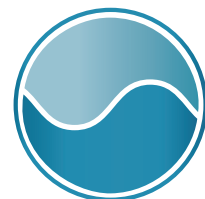




# What's Next?

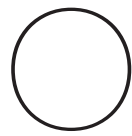
Guide to Creating an Extraordinary Retirement



**CHANGING TIDE**  
RETIREMENT LIFE STYLING





 ur lives up until this point have been mapped out for us. You go to school, work, start a family (or not), and then reach a certain age or income level, and you need to decide what's next. There are so many unanswered questions.

Our identities are often tied up in our careers. It's frequently where we socialize and how we derive self-worth. The thought of no longer having that recognition might be a little difficult for some. But what if there is a way to derive that self-worth and confidence by doing the things you've always dreamed of? What if there is a way to explore all the options in front of you and decide how you will spend your time?

Time is our most valuable resource. When you retire, you're given the gift of time. How you choose to spend that time is up to you. Please don't waste it. This next phase of life can be the best yet.

It's time to change the tides and create the most extraordinary life imaginable.







It's all about balance. Balancing your mind, body, and spirit is probably the best thing we can do to ensure a happy, healthy retirement. It's finding joy in life through physical and mental pursuits. We often become comfortable and feel safe in our routines. It's time to break out of those ruts. It's time to embrace life and find balance.



## Do you want to feel younger?

When you reach a certain age, it's inevitable to want to feel younger. And, depending on your lifestyle, you can. Once again, finding that mind/body/spirit balance can help reinvigorate your life, giving you the energy to take on this new phase.

## What do you want to do with your life?

When you no longer work eight—to 12-hour days, you suddenly have all of this free time. Now is the opportunity for you to envision what you want to do to fill that time. Creating a plan to live a life of purpose ensures that you will get the most out of your retirement years.

## To work or not to work?

This is the first question that you should ask yourself. If you are in the financial position that you have the funds to live the rest of your life without worry, congratulations! Having a financial plan with your financial planner is one of the most important steps in deciding whether to work or not. But another critical part of that decision may be a sense of purpose. Often, work provides that. You could work part-time or reduce your hours at your current job. Maybe you can use your years of experience to start a new business or to consult in your chosen area. However, it is not only possible but likely that you find a sense of purpose outside of the nine-to-five life. Just imagine waking up and not needing to be anywhere or do anything unless you want to. If you want to sleep until 10 am, you can do that. Or, if you want to watch the sunrise, you can do that too.



## Where Do You Want to Live?

In retirement, many people decide to save money by downsizing their homes or relocating to a new state or country to save money in taxes. Maybe you have always wanted to live by the coast or on a lake. You may have a sense of adventure and want to move abroad. Whatever the reason, relocating in retirement can be a great way to add some adventure to your life. Relocating can improve your quality of life. However, relocating also brings about a whole new set of questions to explore. With the world as your oyster, where will you live?

## Experiences

To lead an extraordinary life, one must have extraordinary experiences. Make a bucket list of experiences that you would like to have. Some experiences can be free, like watching a beautiful sunset or hiking through a national park. You can learn a new skill or take a lifelong learning class. Learn to cook a new dish or dine in a new restaurant. Go to sporting events or see a traveling Broadway show. Be a tourist in your own town or take day trips to nearby cities and small towns. Or maybe broaden your horizons and visit other countries. The point is to fill your days and weeks by making new, amazing memories.

## Healthy Living

We are often so caught up in the rigors of daily life that it's difficult to find the time to eat healthy and get the right amount of exercise. Even those with great genetics can fall prey to gaining a bit of extra around the middle. Now that you have more time, it's the perfect opportunity to incorporate healthy living into your life. For example, visit a local farmers market prepare locally sourced meals, and add more exercise to your daily routines. Try something new—pickleball has been the fastest-growing sport among those aged 50 and better for over 15 years. It's a great way to get in shape and socialize at the same time. Building muscle mass helps as we age when bone health and balance are paramount. Want to stay healthy, happy, and live a long life? Make healthy living a priority! It helps prevent chronic diseases and keeps your mind and body thriving.



## Relationships

Whether single, married, with children, or without, healthy relationships are a cornerstone of an extraordinary life. And once again, when you have the time to devote to strengthening your relationships, the benefits are immeasurable. Spend more time with your friends by creating experiences with them. Dine, exercise, shop, craft, learn, and travel with friends and family. If you are married, fall in love with your spouse all over again. If you are single, fall in love with yourself and your friends. This time is all about you, so make the most of it—cherish the people in your life.

## Social Network

Research shows that chronic loneliness contributes to memory loss and lower life expectancies. Social interaction is crucial for healthy aging. Retirement isn't just about free time; it's about fostering connection. Sharing passions, hobbies, and experiences builds a sense of purpose and belonging. This social interaction fuels a positive outlook, offering emotional support and keeping your mind sharp. If you haven't built those connections, it's time to start. Try joining a club or going to an exercise class. Consider what you like to do and seek others to share these experiences with.

## Giving Back

Retirement is a time to tee off on more than just the golf course. Giving back through philanthropy offers a double win: it benefits others and boosts your own well-being. Studies show acts of kindness trigger feel-good hormones, lowering stress and increasing happiness. Helping others also provides a powerful sense of purpose, fostering resilience and a positive outlook. Perhaps you can mentor youth or work organization that you believe in. Philanthropy isn't just about charity; it's about connection, community, and personal growth – a powerful force for a longer, more fulfilling life.



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RETIREMENT LIFE STYLING



## What is Retirement Life Styling?

Life styling is creating a plan to reposition retirement so that you can live your most extraordinary life. The possibilities are endless and can often seem overwhelming. Exploring your options before or after you retire helps you save time and money while redefining life on your own terms. It's discovering what will help you make the next phase of your life the most rewarding one yet.

## 1 to 1 Sessions

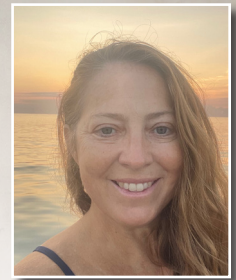
Changing Tide Retirement Life Styling offers one-on-one sessions for individuals or couples to explore their lives and help them create a plan with purpose. Request your complimentary sample session to get started today.

## Group Sessions

Take a group approach to creating your extraordinary life. Learn from others as you enter this journey together in this six week course, with one 75-minute session per week. Topics include Envisioning Your Life, Where You Will Live, Creating a Life of Experience, Healthy Living, Social Networking, and Finding Purpose in Retirement. Class size: Max 6 people.

## About Kelly Godbey & Changing Tide Retirement Life Styling

For over 25 years, I have published Ideal-LIVING magazine, where I interview people who lead amazing lives and help others find theirs. Through my speaking engagements and thousands of interviews, I've discovered tips to create extraordinary lives. Each person and situation is unique and some people might need a little assistance in determining how to get the most out of their lives. So, I created Changing Tide Retirement Life Styling to offer my years of experience to help you reposition retirement and create your ideal life style.



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## What's Next?

Call or Email to Schedule Your Complimentary Sample Session  
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**RepositionRetirement.com**