

Meet the retirement of your dreams

RETIREMEET **AMERICA**

What's Next? It's up to YOU

Presented by:

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My 3 C's Journey

- Retired in 2010 after 21 years at Boeing great job
- Good for 3 months. But then...
- Remembered William Bridge's Transition Model:
 - Ending
 - Neutral Zone
 - Beginning



Who was I – What were my gifts?

- What do I bring to the world, separate from the jobs and roles in my life?
- What did that mean for the rest of my life?
 - Contribute
 - Collaborate
 - Create

Positive Psychology and Brain Science

- Our minds, our brains, our feelings are all linked – Science is proving it
- “Neurons that fire together, wire together”
- Mental states become neural traits
- Your brain takes its shape from what it rests upon – Experience Dependent Neuroplasticity





Novelty – Something new

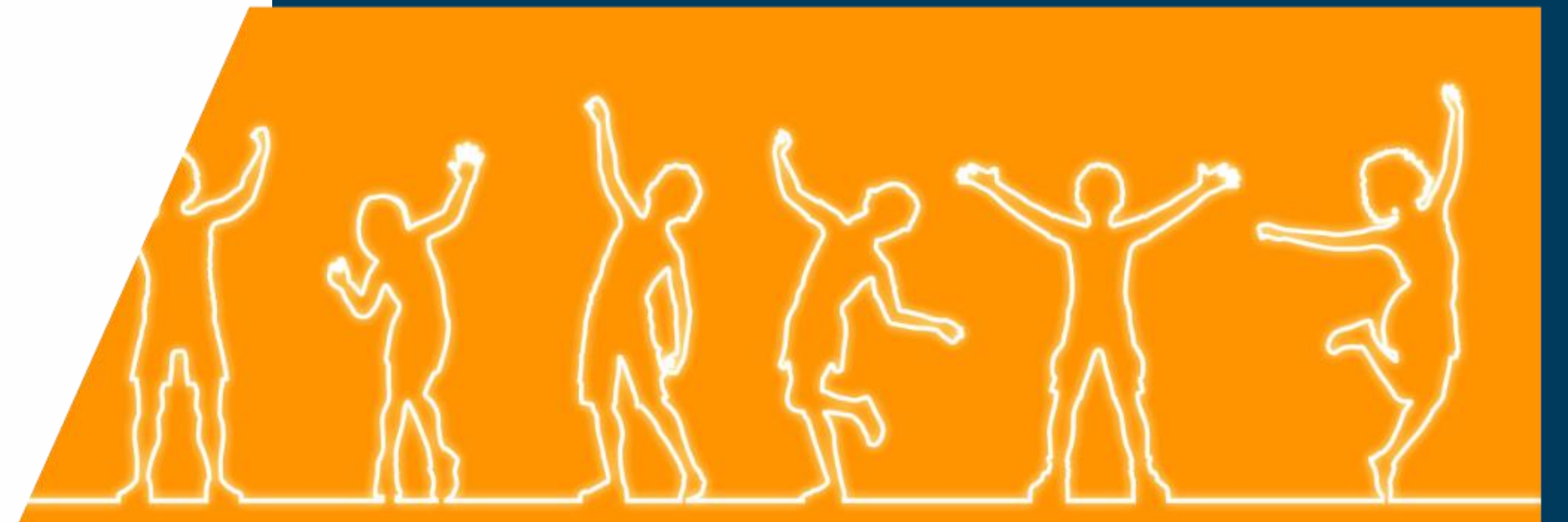


Complexity – something challenging



Sense of purpose

Three things
our brains
need to keep
changing





Relationships Critical to Well-Being



- Other people are the best antidote to life's downs and most reliable way up!
- Single most reliable momentary increase in well-being of any exercise: doing a kindness!



Daily Choices

What do you do daily that is specifically about your sense of well being and wholeness?



What we need to feel good

- Something to do
- Something to look forward to
- Something to believe in
- Someone to love
- And one more:
- Something to laugh about





Important Quote

“Be KIND for everyone you meet is fighting a great battle.”

Philo of Alexandria



Themes for Happiness

- Be Good to Yourself
- Enjoy Life
- Build Strengths
- Engage the World
- Be at Peace



Knowing our strengths is more helpful than knowing our weaknesses



Many approaches to strength-based work



When we act from and practice our strengths, we can achieve excellence.

Owning your strengths





Gratitude in this moment

One thing you feel grateful for right now.

What gets in the way of feeling Gratitude?

- Always busy
- Comparing ourselves to others
- Feelings of 'Never Enough'
- Our brains!





My Favorite Bumper Sticker

DON'T BELIEVE EVERYTHING YOU THINK!

(but don't stop thinking...)



10 Elements of Positivity

- Joy
- Gratitude
- Serenity
- Interest
- Hope
- Pride
- Amusement
- Inspiration
- Awe
- Love

What will you take away from these ideas?

What action item do you want to commit to?