

# Guide to a Life ReLaunched



**Learn how to go from retired to ReLaunched!**

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From retired to ReLaunched!

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Published in conjunction with Successful Shifts



# Have You Ever Wondered

Who Am I when I am not working?

How can I say "No" to my kids/parents and let them know I have a life too?

How do I get over my fear of spending down my retirement savings?

How do I maintain my health and vibrancy in retirement?

How do I change how I feel about getting old(er)?

How do I ignite the desire to continue learning and doing new things?

How can I have more fun in retirement?

I don't want to retire but my company laid me off. Now what?

Thinking about life without work scares me.

**You Are Not Alone.....**

## SCHEDULE



## SENSE OF PURPOSE



## SOCIALIZATION



## STATUS



# The 4 S's

We have spent a significant portion of our lives in the World of Work. In addition to financial security, this world provided for us what I like to call our 4 S's:

- Structure
- Socialization
- Sense of Purpose
- Status

The 4 S's form the basis of our reality and ensuring balance across these foundational cornerstones is important for our physical, emotional and mental health. Interrupting any or all of these will cause us to lose our balance, placing undue stress on our entire being.

My hope for you as you go through this guide is that you will discover some tools or techniques that will help you find equilibrium where you may need it. Enough equilibrium where you feel you can continue on a path where you can explore more deeply and ultimately define your own unique plan to go from retired to ReLaunched.

This is what Successful Shifts is all about.



# Schedule

Ever since we were born, we have followed a schedule. At first, our schedules were all about feeding and sleeping. As we got older and started to attend school, our schedules became more complex, adding in class periods, recesses, lunch, after school activities, etc. We enter the World of Work, incorporate family and social obligations and fill our days with activities and events from morning to evening. We rely on alarm clocks to wake us up, calendars to mark key occasions (like vacations). We build structure into our daily lives because we need it.

Now that you are either facing retirement or just entered into retirement, what does this schedule look like? What comes after you have had your morning coffee? Freedom to do whatever we want whenever we want sounds enticing, doesn't it? However, before long, I suspect days that are just like as Bob Dylan describes, "Blowin' in the wind" might cause you to feel unfocused and at loose ends.

## Let's take a Barometer Check

How you feel about your schedule? Place an X on the line that shows how you feel when you think about your plans for next week, next month and next year.

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1  
At loose ends

5  
Just Okay

10  
Fully Balanced



# Schedule

If your Barometer Check indicates a place where you feel less than Fully Balanced, then complete the following to begin to plan your schedule:

What do you most look forward to doing outside the World of Work? Feel free to select more than one:

- Explore a hobby
- Start a new career
- Travel
- Learn a new skill
- Volunteer
- Other

**Complete the following statement:**

I would like to spend my time in retirement  
doing more

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**My Commitment:** I commit to adding at least one thing today/  
tomorrow/this week to my schedule that involves an activity I look  
forward to in my retirement.

That one thing is

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# Socialization

When we attended school, we made friends with those we shared classes or participated in various activities such as sports, band and orchestra, theater, youth groups, etc. Upon graduation, most of us probably lost track of many if not all of these friends.

The same happens in our World of Work. As we embarked upon and advanced in our careers, we developed friendships with those we worked with. We shared common challenges and goals. We may have enjoyed a few happy hours together as well as holiday parties. Just as when you graduated from school, a time will come when you essentially "graduate" from your career. While you may remain connected with some of your work friends, it is likely many of these friendships will also wane because you will have less in common with each other.

## **Now, let's do another Barometer Check:**

Who do you spend the most time with outside of your own family?

- Friends from Work
- Friends from religious organizations
- Friends from volunteer groups
- Neighbors and friends from the community
- Other



# Socialization

There are numerous ways to expand your social circle outside of your World of Work. Consider an activity you wish to pursue in your retirement. Perhaps there are some local meetups with others who share your same interests. Or there may be some volunteer opportunities within your community. Here is a list of ways to meet new people that you might consider:

- Join an exercise/workout class
- Attend a meetup
- Explore your neighborhood
- Attend community events
- Join a book club or a hiking group

**My Commitment:** This week, I commit to expanding beyond my current social circle by

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# Sense of Purpose

The common question we hear and contemplate is "What is the meaning of Life"? Let's reframe this question to "How do I find meaning and a sense of purpose at this stage in my life"?

In all that we do, we seek meaning and purpose. We need this as much as we need air to breathe. What was your purpose in your World of Work? Did your purpose in this world leave you feeling fulfilled? How might you repackage this in your retirement? Or perhaps your passions are no longer the same. What speaks to you now? How might you find new purpose in your new life?

## Let's take a Barometer Check:

When you think about your retirement lifestyle how fulfilled to you feel?  
Place an X on the scale that best describes how purposeful you feel about your life after leaving your World of Work





# Sense of Purpose

Are you wondering how your sense of purpose in your retirement life might change? Perhaps completing the following exercise might help.

POST RETIREMENT JOB PARTY FOR \_\_\_\_\_

Your Name

You are attending a party where there are 6 different groups of people sharing their knowledge and experience on different topics. You listen to each group which is discussing:

1. Art, Music, and Theater
2. Starting new businesses, franchising
3. Public service, community involvement
4. Books, Writing, Research
5. Teaching
6. Creating order from a disorganized situation

Of these groups, which is your first preference to join?

Which of these groups is your second preference to join?

Which is your third preference to join?

My commitment this week is to

**My Commitment:** I commit to writing about my feelings and reasons for wanting to join the retirement job party group I identified above and then engage in at least one activity during the week that allows me to explore this topic





# Status

To ensure your unique authenticity into consideration, shine a light onto your values. Your values reflect what is important to you. Together with your beliefs, they are the causal factors that drive your decision-making.

## **Take An Assessment:**

1. You will find a good 5-minute long values assessment at Barret Values Center - <https://www.valuescentre.com/tools-assessments/pva/>
2. You can also get a free strengths profile at VIA Institute on Character - <https://www.viacharacter.org/survey/surveys/finished/18467834?version=0909-1>

Your results on either of these assessments will likely provide some insights upon which to continue structuring your post-retirement life strategy.

3. You may also benefit from a more detailed retirement readiness assessment offered through Retirement Options. Their assessments will identify 6 specific life arenas and 15 success factors. The greatest value from these assessments comes from the analysis and coaching that Successful Shifts is certified to provide.

## **My Commitment:**

I commit to taking an assessment that will help me define my values and needs during my retirement. That assessment is

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The decision to retire and leave your World of Work is a very personal one.

This is the time many of us has either looked forward to or dreaded. Perhaps you have planned for this time with your financial planner. Or maybe you were thrust onto this path prematurely.

Either way, I hope this guide provided some guidance to your next steps. Establishing a plan to replace the 4 S's from your career is important. In addition, you may need to plan for other important aspects including health & wellness, starting another career or work, financial needs, family relationships, and personal development.

If you need direction on developing your overall strategy for this phase or just need to fine-tune your current lifestyle, then contact me to explore how I can help.

Why? I care about helping you achieve harmony in your life and I desire to come beside you as you embrace your authentic self and all that enriches your life. I care about you - your hopes and dreams and the realization of your hopes and dreams. And along the way, I will be your challenger and cheerleader as you design your unique personal roadmap and go from retired to reLaunched.

What else qualifies me to do this with you? In addition to completing coach training with the University of Texas at Dallas, I have a Masters in Administrative Sciences and been certified by the International Coach Federation (ACC). As a lifelong learner, I have enhanced this learning with training that certified me as a Narrative Coaching Practitioner. I am also certified by Retirement Options as a retirement coach, authorized to administer and analyze their retirement readiness assessments. I am also a founding member of the Retirement Coaches Association.

So connect with me to set up a complimentary strategy session. After all, now is the time to go from retired to ReLaunched!



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