

# Successful Transitions in(to) Retirement

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“When what you do defines who you are and you no longer do what you do, who do you become?”

This can be a paralyzing question for people facing the reality of retirement and/or a change of careers. For those who have planned for their retirement, the transition may seem less daunting. The process of retirement planning usually starts with the question of “what do you want to do in retirement?”

A deeper view into the windows of the soul usually holds a key to a better understanding of what people love to do. However, if you have never considered what it means to no longer do what defines you, it’s a new transition. Many years ago I was a police officer and people would introduce me by stating my name and “he’s a cop”. I have to admit it annoyed me. Other professionals such as teachers, dentists, doctors, and lawyers carry similar labels. The secret in a successful retirement transition is defining yourself by who you are and not what you do. Who are you? You may describe yourself as a father, mother or a grandparent. But who are you? What are your likes and dislikes? How do you stay healthy and what’s your plan to do so? It’s very likely for most of us, that ten years from now you will be less healthy than you are today unless you work at staying fit. Remember ten years is only ten summers...!

So as you contemplate who you are today, look for balance in all the areas of your life. Are there areas that need some work? Are there relationships that need to be mended? Is there any time planned to work on reconnecting spiritually with God? Financially, are you able to meet your income needs and requirements? Is there time for exercise and staying healthy and eating the right foods? Can you rekindle some old friendships or start some new ones?

We can be certain of one thing that as time progresses things will change. We may not think we are changing but it seems everyone else around us is. Developing a deeper understanding of what makes you feel content will likely reduce some of your day to day stress about change. Best wishes for a better understanding of who you are.



*This article is provided by: Brian A. McMillan CFP, CLU, CH.F.C, EPC, is a Life Transition Financial Advisor/ Principal with Team Approach Planning in Collingwood. For a no cost consultation please contact: [Brian@TAPadvantage.ca](mailto:Brian@TAPadvantage.ca)*

