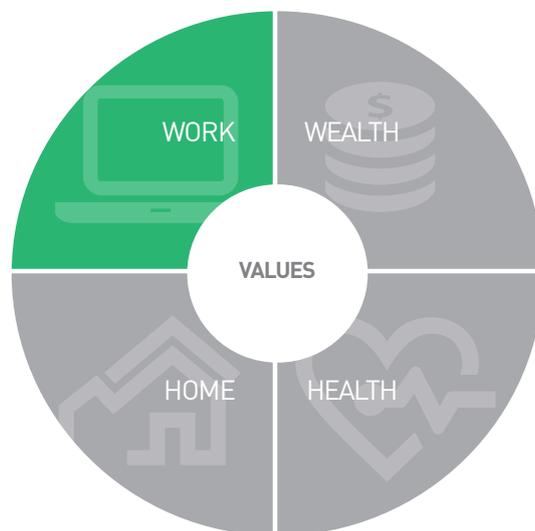




WHEN WE'RE TALKING ABOUT LATE-CAREER AND RETIREMENT, 'WORK' IS ABOUT MORE THAN JUST PAID EMPLOYMENT. 'WORK' IS ABOUT DOING SOMETHING THAT MATTERS TO YOU AND KEEPING YOUR MIND ACTIVE.



In thinking about 'work' we will focus on:

**Your legacy**

What's important to you and gives you a sense of meaning.

.....

**Keeping your mind active**

Ways to stay curious and keep learning.

.....

**Your roles, responsibilities, and routines**

What you want to be doing with your time.

.....

## YOUR LEGACY

**What do you want people to remember about you in your family, your work, or your community?**

It's a question often prompted by a life event like the arrival of a grandchild, a big birthday, or approaching retirement. Your legacy doesn't have to change the entire world; maybe just one person's world. (You might never know whose world you changed.) And it's never too late to create a legacy. Ninety-nine year-old Captain Tom Moore caught the attention of the world in 2020 raising more than £23 million for the UK's NHS.

Research shows that giving to others, such as through volunteering or transferring skills to others, can increase our life satisfaction, self-esteem, self-efficacy and general wellbeing.

"What's my legacy?" is a big question, and an important one. Many people find that being clear about their legacy helps give their life meaning and purpose. But how do we figure out what it is? Try this activity to get you thinking (and acting) on your legacy.



YOUR LEGACY IS NOT THE MATERIAL WEALTH YOU LEAVE IN A WILL; IT'S HOW YOU WILL BE REMEMBERED. THIS IS A LITERAL OPPORTUNITY OF A LIFETIME—THE CHANCE TO DISTRIBUTE THE WEALTH OF KNOWLEDGE, DEPTH AND WISDOM YOU'VE ACQUIRED JUST BY BEING ALIVE.

MARKETWATCH



## LIFELONG LEARNING

**Keeping your mind active, staying curious, being creative, learning new skills and solving problems are all aspects of lifelong learning.**

Learning is important for mental health and wellbeing, a sense of achievement, self-worth and autonomy. Engaging in learning and stimulating activities can slow memory decline as we get older. This is why the University of the Third Age has been so popular!

It can be hard to try something new at any age, so here's some questions to help find what interests you:

- What have you always wanted to learn about?
- Is there a skill you wish you had?
- When you were young what did you think you'd be when you grew up?
- What do your friends and family enjoy doing?

Notes

**Imagine it's your 100th birthday and you are being presented with an award in recognition of the mark you've made.**

- What would you like to be acknowledged for? Maybe it was something you did, the type of person you are or a contribution you've made.

In this imaginary scenario, think about:

- Who did you do it for? Is there a person, community or cause that you focused on?
- What were you trying to achieve? What or who is better in the world because of your legacy?

And now to bring your legacy into the present—what action can you take TODAY to help you create this legacy? How can you put your mark on the future right now?

Notes

## RESOURCES

- Blog: [Keep Learning](#)
- Article: [How to Make a Successful Career Change at 40 and Beyond](#)
- [University of the Third Age](#): Now with virtual learning and local campuses
- [SEEK Volunteer](#): For volunteering opportunities

## ROLES, RESPONSIBILITIES AND ROUTINES

**When planning for retirement, it can be useful to recognise that your roles and responsibilities will change considerably as you leave the workforce. As we experience this transition, it is important to consider the roles we have in other facets of life, beyond just work.**

In the table below note down your current and desired roles and responsibilities across work, family, and community. This can help you plan out what roles you need to wind down, celebrate and then let go, as well as new roles you want to cultivate.

CURRENT ROLES AND RESPONSIBILITIES		
WORK	FAMILY	COMMUNITY
DESIRED ROLES AND RESPONSIBILITIES FOR RETIREMENT		
WORK*	FAMILY	COMMUNITY

\* "work" may be paid/unpaid – something that matters to you

**Beyond considering how your roles will change upon retiring, it is also important to consider how your day-to-day routine will differ. At retirement, many people find the work-day routine they have been following for the better part of 40 years suddenly comes to an end.**

Without the usual work routine to keep the days ticking along, it is important to establish a new routine in retirement. Doing so, can help reduce feeling adrift after leaving the workforce, and help create a sense of purpose to your days. Here are some pointers to help you consider your retirement routines:

TIME	CONSIDERATIONS	IDEAS
Morning	Your morning routine may have been pretty consistent up until now: wake up, get ready for work and leave the house. In retirement, you may not have somewhere to be every morning, so it is important to create a pattern for your mornings.	
Evening	Many newly retired people say that evenings are the most difficult part of their day as it is when they start to feel tired and drained from the day's activities. Purposefully creating a relaxing nightly routine can give you the chance to look forward to your evenings.	
Weekly rhythm	Do you have specific times for exercise, hobbies, friends and family? Do you have specific commitments for things like supporting others, work, or household chores? Do you want weekends to feel different to weekdays, or to mark the transition between days and weeks in another way?	

The best and worst thing about retirement can be 'unstructured leisure time'.

Taking a moment to think about how to make that time work for us can make all the difference.