

TIPS TO MAINTAINING BEST ATTITUDE IN RETIREMENT

[How To Cope With The Fear of Aging](#)

[The Real Way to Keep Your Brain Sharp In Old Age](#)

[The New Retirement is..not to retire](#)

Identify with a community project and volunteer your skills, knowledge, and time. **GIVE BACK**

- Live within budget, **BUT**
- Enjoy life
- Learn new ways to earn money
- Accept help, graciously



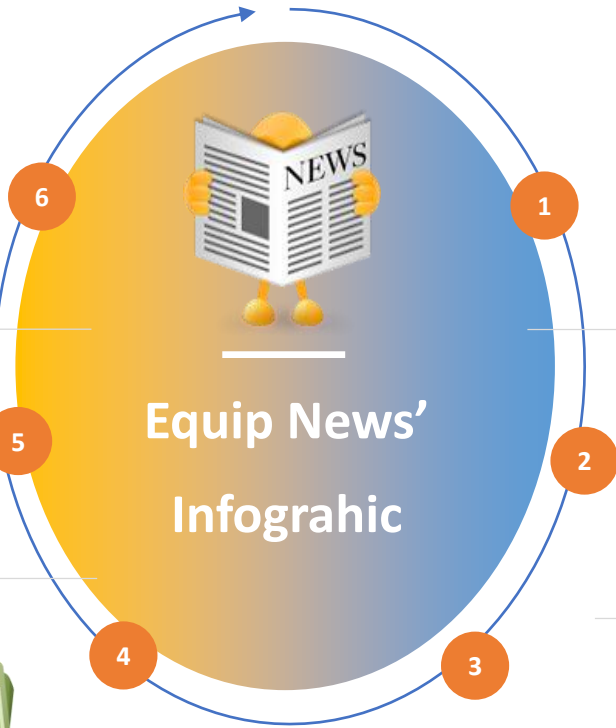
RESOURCES



COMMUNITY



FINANCIALS



SELF



HEALTH



RELATIONSHIPS

- Maintain appearance
- Rediscover hobbies/skills
- Go outside
- Self-Affirm

- Exercise
- Laugh
- Keep Dr. Visits
- Eat healthy food

- Enjoy your partners
- Regular contact with family, friends
- Talk positive talk
- Join a club, group