Your Best Years

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How did we get to be so old?
One morning I woke up and didn’t recognize myself.
The Age Revolution

<table>
<thead>
<tr>
<th>YEAR</th>
<th>LIFE EXPECTANCY AT BIRTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900</td>
<td>47</td>
</tr>
<tr>
<td>1935</td>
<td>60</td>
</tr>
<tr>
<td>2018</td>
<td>79</td>
</tr>
</tbody>
</table>
## Current Life Expectancy at Different Ages

<table>
<thead>
<tr>
<th>Life Expectancy</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Birth</td>
<td>76</td>
<td>81</td>
</tr>
<tr>
<td>Age 65</td>
<td>83</td>
<td>85</td>
</tr>
<tr>
<td>Age 75</td>
<td>86</td>
<td>88</td>
</tr>
<tr>
<td>Age 85</td>
<td>91</td>
<td>92</td>
</tr>
<tr>
<td>Age 90</td>
<td>94</td>
<td>95</td>
</tr>
<tr>
<td>Age 95</td>
<td>98</td>
<td>98</td>
</tr>
<tr>
<td>Age 100</td>
<td>102</td>
<td>102</td>
</tr>
</tbody>
</table>
CHALLENGES

What lets you sleep at night?

What gets you up in the morning?
Managing Your Money So You Can Sleep at Night

**Investment Plan**
- To get the income you need
- Get professional help

**Projections**
- To figure out how much income your investments will provide
- Get professional help

**Spending Plan**
- To make sure you are on track
- Do it yourself
Activities to get you up in the morning
Using your resources

- Time
- Money
- Energy
- Skills
- Experience
- Family
- Friends
- Community
- Creativity
• Starting a business
• Learning a skill—e.g., another language, tap dancing, playing the piano
• Developing a hobby
• Changing the world...
The ALIVE Concept:
Activity
Learning
Intimacy
Vitality
Engagement
Age 70+

OUR BEST YEARS
Mark

FINANCIAL PLANNER
Death by Chocolate

COLORADO
2000

Death by Chocolate
Bicycling the Mississippi
SERIOUS ABOUT RETIRING

A practical Roadmap for a Healthier, Wealthier, Happier Retirement
Learning to play cello
CHARITABLE WORK
My sketching disrupted meetings...
PAINTING ON GLASS: Upside Down, Inside-out, Backwards
Life is a Game of Monopoly
I seem to be falling apart
The Breakdown of Movable Parts
I’m New at Being Old
Grow Old With Me
We meet at the university, where sex hormones hover in the air...
A blizzard the night before our wedding...
• Sweet ghosts...
I was frightened, it was difficult for both of us to... Our dreams filled with tears, I could not breathe... I was not sure... I saw... I was not certain when you... We stood... When you... I could not hear... I do not know what to... I did not know what to do... I was shocked but not really... I was sorry... Have you ever wondered... I am... I am... I love you... Tell me about you... When you visited... I could not... I was not sure... I was not sure... I was not sure... Tell me about you... Tell me about you... Tell me about you... Tell me about you... When you visited... I do not know what to... I do not know what to... I do not know what to... I do not know what to...
Continuing to grow...
Retirement Coaching

WEB COURSE

GROUP COACHING
How to Make Your Retirement Years the Best Time of Your Life

EXPLORE

PLAN

PREPARE

MAKE IT HAPPEN!
Michael, actuary retiring in 2 years
Student in my Retirement Coaching class –

**JOURNEY TO YOUR NEXT STAGE**

**Michael’s story**

- **1st Plan:** make furniture in his garage
- **2nd Plan:** volunteer for Habitat for Humanity
- **3rd Plan:** volunteer for and manage projects at Habitat for Humanity
PANDEMIC TIMES
Books + e-newsletters
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