

# Your Guide To A Happy Retirement

...beyond the money



Marianne Oehser

[www.retireandbehappy.com](http://www.retireandbehappy.com)

# Look beyond the money ... to have a happy life in retirement!

## Welcome!

Of course you need the money – but there is more to a happy retirement.

### **Congratulations on downloading Your Guide to a Happy Retirement – beyond the money!**

I am Marianne Oehser and I help people enjoy a happy and fulfilling third phase of their lives. To learn more about my background see the last page.

In this document, you will find some key insights that have helped many of my clients break through the pain and disillusionment they were feeling.

You may be feeling that once the exhilaration of being free from the stress and pressure fades and playing golf everyday isn't as much fun as it used to be, you are a bit adrift. Does it feel like your life doesn't really matter any more?

It may be that you have not replaced the non-financial benefits you enjoyed in your career – a strong identity, a feeling that what you are doing is meaningful, and the social network.

I have summarized the fundamental difference between what retirement used to look like and what it is today. Knowing that can help you think about what you want retirement to look like for you.

I have given you a valuable tool to answer one of the questions I am asked most often "What now?"

This tool will help you fill your life with activities that are enjoyable and fulfilling.

I look forward to hearing how it works for you.

Enjoy the journey!  
Marianne Oehser

# Your Happiness Guide to Successful Retirement – beyond the money

## Successful Retirement looks different today

It used to be - all you needed is enough money to live a life of leisure.

Today – You still need enough money but it is to live a leisurely life that is fulfilling.

That means leisure is only *one component* of a happy retirement life today. You also need things that are meaningful. Perhaps...

- An encore career
- Developing new skills or knowledge
- Giving back in a way that is fulfilling to you

## You need a “Happiness Portfolio®” in addition to your financial portfolio

Often there is a honeymoon period after moving on from your career. It’s a time of enjoying the freedom and being able to relax and recharge your batteries. But it ends ... and then you start asking “**Now what?**”

**Your Happiness Portfolio® is the key.**

**Successful retirement is:**

*Enjoying your life and feeling that you and your life matter.*

## Here’s how to create Your Happiness Portfolio®

Just like your financial portfolio, your Happiness Portfolio® should be balanced and diversified. Follow these two steps to get started:

- 1) Ask yourself -- on a scale of 1 (low) to 10 (high) how satisfied am I today with each area of my life?
- 2) What would it take to make each one **10**? Think about questions like:
  - What is meaningful to me?
  - What gives me a sense of purpose?
  - What are some of my old dreams?
  - Do I have any new dreams?





Rate your current **satisfaction** with each of these areas in your life using a scale of 1 to 10 where 1 means not at all satisfied and 10 means totally satisfied. Then describe what it would take to **make it 10**.

Life Arenas	Rating	What Will Make It 10?
Vocation/Professional		
Community/Humanitarian Pursuits		
Self-Development		
Health and Well-Being		
Primary Relationship		
Social – Friends and Family		
Spirituality or Religion		
Leisure – Avocation and fun		

**If you want to discuss your Happiness Portfolio or any other questions you are dealing with, please accept my gift of a Free Retirement Revitalization session.**

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See About the Author on the next page

# Marianne Oehser, CRC, MM

## Retirement Consultant and Certified Retirement Coach



I am a retirement consultant and certified Retirement and Relationship Coach who focuses on assisting people build happy, fulfilling lives in the “post-career” phase of their lives. Most of us go through three and sometimes four stages in our post-career lives. I support people as they move through those often turbulent transitions.

I assist singles and couples build and maintain healthy and rewarding relationships – after all, having a solid relationship is a big part of having a happy, fulfilling life. Singles often are dealing with the loss of a partner through divorce or death and don’t want to be alone for ever. Couples need to make the sometimes challenging adjustment to having much more time together.

My clients benefit from my seminars, workshops, public speaking as well as private coaching.

My work is based on my studies and my own life experiences. I retired twice after spending over 40 years in the corporate world. I didn’t get it right the first time. However, I learned from that experience and am living the happiest time of my life now.

I hold a Masters of Management from Northwestern University Kellogg School of Management in Chicago. I received my coaching certifications from Relationship Coaching Institute and Retirement Options. I am a charter member of the Retirement Coaches Association.