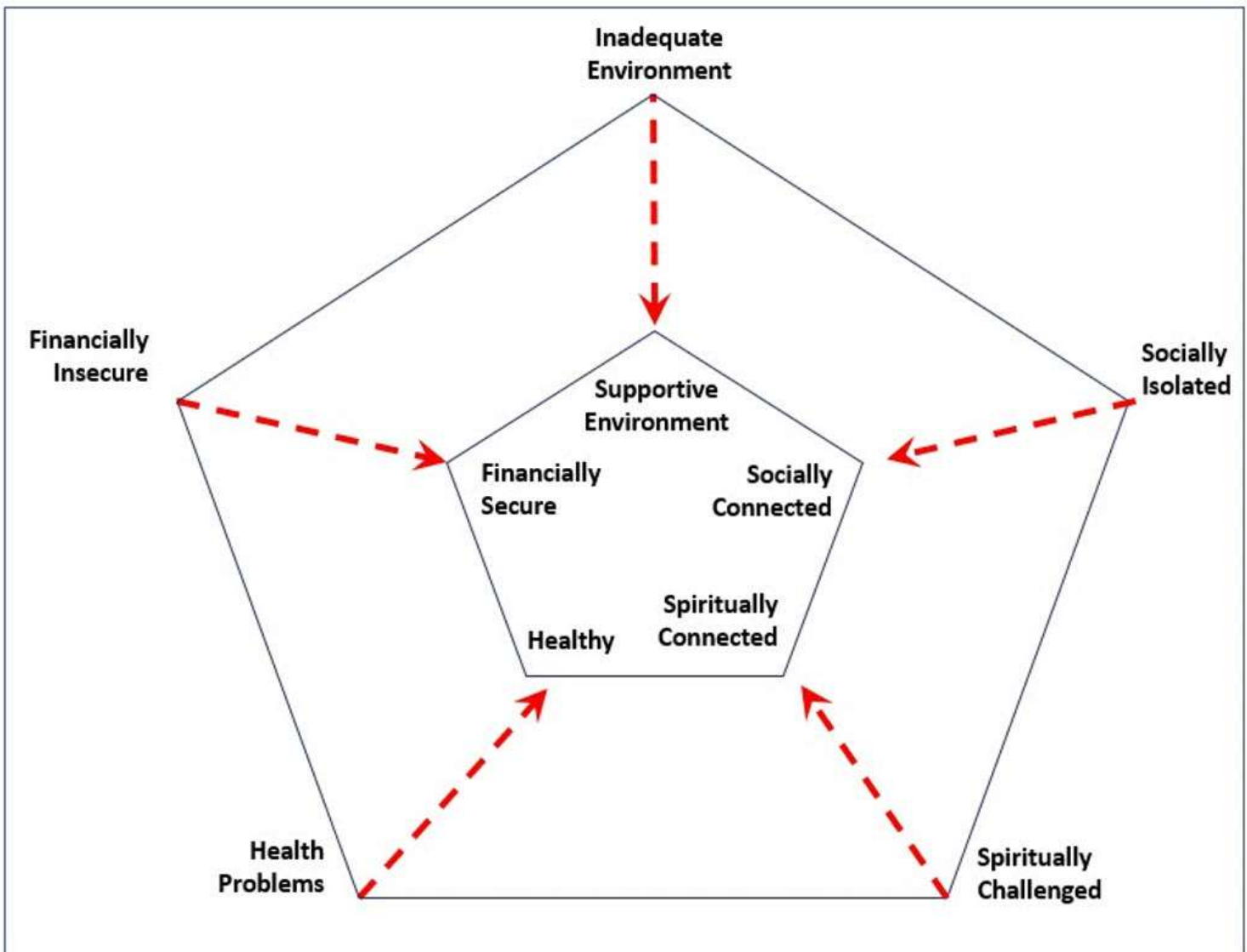




Thinking About Your Life After 60 *A Wholistic Approach*

*** A Free eBook ***



Thinking About Your Life After 60

A Wholistic Approach

Are you thinking about retirement or have you recently retired? Or did you retire 10 or 20 years ago and are now dealing with new and changing issues? If so, this book is for you.

This eBook is intended to give you a structure to review your current life circumstances and **determine the areas where you are strong and the areas that need attention** and pose the greatest challenge. The questions may jog your memory or bring up new ideas. For those who like to quantify the results, the Issue Assessment forms for each area give that option.

*Living Environment * Social Connection * Spiritual Connection
Health * Financial Security*

This eBook is **wholistic** in that it encourages you to look how issues or actions in one area may be affected by or contribute to issues or actions in another area.

Once you have identified the issues that are of primary concern to you, this book presents **action steps** that you might take to address them. Here too you may discover ideas that you never thought of before.

Of course, since our lives change day-to-day, the result is a **snapshot** in time that can change tomorrow. But even so, reviewing the issues of concern to you and identifying actions that you can take to address them can help you **build your best life**.

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