

Description:

8000 days of Retirement (*From MIT Age Lab*)

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A. Life Segments

1. Learning (First 8,000 days)
2. Growing (Second 8,000 days)
3. Maturing (Third 8,000 days)
4. Exploring (Final 8,000 days)

B. New Retirement vs. Traditional

C. Four Phases of Retirement

1. Honeymoon
 - a. the role of work
 - b. income
 - c. family dynamics
2. Big Decision phase
 - a. Where will you live?
 - b. Finding your purpose
 - c. Maintaining access to the things you enjoy
3. Navigating Longevity phase
 - a. Managing Health
 - b. Administrivia
 - c. Caregiving
4. Solo Journey phase
 - a. Living Alone
 - b. Revisiting the first three phases
 - c. Maintain social network
5. How much will it cost vs. what I will do in Retirement
6. Retirement Mentor program