

Nancy Schwartz

Transforming Executives to Create a Healthy Retirement

FINDING PURPOSE IN RETIREMENT

Life begins anew when you realize you can move past the frozen state in retirement of “I don’t know what my purpose is now.”

In a successful career, our purpose is often aligned with our role in a company. If you are a high performer, you may have been focused on your career achievements and the leadership mark you left on the company. In that situation, you understand your bigger WHY and attach a meaning to belonging to this company. There can be a sense of grief and loss when we realize that our lives are no longer focused on a company’s purpose, but rather on discovering our own. Who are we now without our careers?

Retirement Transition Can Be Difficult

Retirement can be a difficult transition from a hectic career. Suddenly, the purpose that drove you for so many years is gone and it can leave an empty feeling inside. This void can consume you when you aren’t busy doing something productive or meaningful. The question “What Is Our Purpose?” has perplexed mankind for centuries.

Those who find the sweet spot of living a life aligned with their purpose tend to reach a higher sense of fulfillment.

For many retirees, the loss of a job and identity



as an employee, leader, or founder is compounded by increased loneliness. Without a regular calendar for socializing or meaningful engagement to occupy them, retirees are more likely to experience depression due to isolation and lack of self-worth. For others, the biggest challenge lies not in finding activities, but rather in having the motivation to engage in them. After so many years devoted to a profession, it may seem impossible for some to find other sources of meaning – leading to a downward spiral of loneliness and despair.

Feeling directionless can also lead to withdrawal. Depression, loneliness, and becoming a creature of habit are behavioral patterns that now stand out. However, this doesn’t have to be your story.

How To Find Purpose

“[A sense of purpose] is a very robust predictor of health and wellness in old age.”

Patricia Boyle, a neuropsychologist at the Rush Alzheimer’s Disease Center

Purpose is the pursuit of a higher cause that propels us toward our legacy, and leaving an impact on our world. Healthy retirement brings with it new opportunities to find your true purpose, something that may have been lost while pursuing a career and possessed by

external goals. Retirement, for many people, allows them to discover their authentic selves, slowly through a series of stages, one step at a time, until that last step reveals a sense of belonging, safety, and simply feels right. That final step, in latter decades you may find, sends you towards other purposeful stages, evolving as you go through life.

After retiring from a career, many people struggle to define their purpose. In order to recalibrate, questions I ask my clients are:

- What passion do you want to share with the world?
- What do you wish to change or let go of?
- What interests do you want to develop in your lifetime?

Science tells us finding your purpose coupled with optimism may *extend your life by 7 years*. While you are defining your purpose, be sure to include altruism. Altruism activates a dopamine reaction as strong as cocaine. Be of service to others and operate in a bigger sphere than just yourself, meaning branch out into the world and explore whom you can support with the skills and resources you have. Tap into whom you want to help and why. Then brainstorm ways to do just that by peeling back the layers even further.

Having a purpose gives one strength and clarity, which allows for greater self-reflection into personal and professional growth. Further, it supports the emotional challenges we all face throughout life's journey. Create societal contributions to shape future generations, leaving a lasting legacy.

Conquer Fears

Approaching retirement can also bring up feelings of fear, specifically fear of the unknown. This can be scary when one's early life path previously seemed so clearly defined. Some find

themselves feeling like their life lacks meaning and they no longer recognize the person in the mirror.

As Dr. Joe Dispenza informs us, "The conscious mind: (logic, reasoning, creativity (will and faith) equals 5% of our mind. The subconscious mind: (habits and behaviors) equals the other 95% (of our mind.)" Numbing yourself does not serve you in the short or long term. Turn aimlessness into inspiration to support that which matters most to you.

If you are struggling to conquer your fears, here are 3 ideas to start with:

- What are you passionate about? Learn even more about it, and explore the possible.
- Update your new value system. How can you practice those values more fully today?
- Does your heart and mind feel aligned? What should you rethink?

Ask yourself important questions:

- Is life happening to you? Are you creating a new life you want?
- What intentions are you embodying such as freedom around time, wealth, location, health and relationships?
- Have you developed a kindness, forgiveness, and gratitude practice?

Ultimately, the answers you provide to these questions will help you conquer the fear that is preventing you from finding your purpose.

Sometimes finding purpose isn't always about external success that can be measured quantitatively. Building a new purpose requires a time investment in self-care and self-compassion. Work slowly through your search and focus on enjoying the journey rather than the destination. Support yourself with daily practices that will change your life for the greater good.

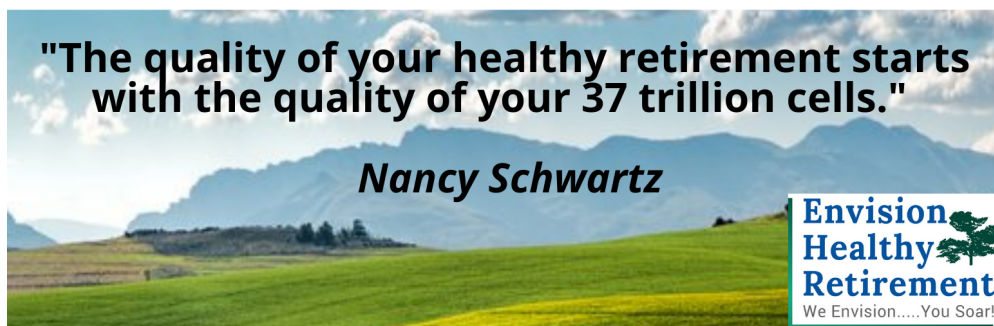
My hope for you is that someday you will be saying "I've only started on my life's journey and I have so much I want to do!" Purpose is your key.

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Nancy guides business experts, like you, in and around retirement toward healthy retirement. First envisioning, and then actualizing a life you design and live on your own terms. She is dedicated to her client's success and growth.

You can learn more and connect with Nancy via web or social media:

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

[LinkedIn](#)



Are you feeling anxious and struggling to figure out your healthy retirement?

Are you retired, haven't found meaning in life, and your health is on a decline?

### **What if you could envision and then actualize a healthy retirement you so deserve?**

I am Nancy Schwartz. As a former executive who struggled with chronic stress, I fought to take control of my health and life. Since then, I've transformed through a science-based proprietary journey. Today, I guide business experts from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement!



***My clients transform through a 12-week journey utilizing a proprietary science-based system created for their healthy retirement.***

***Schedule a complimentary  
Strategy Call with Nancy (\$500 value)  
<https://p.btrr.to/3ok3lpg>***

***We Envision and You Soar!***