

Don't Neglect Non-Financial Parts Of Your Retirement Plan



Having a financial retirement plan is key towards enjoying a Successful Retirement. However, the financial aspect of retirement is only half the story. The non-financial aspects are just as important. i.e., *what will you do in your retirement? where will you live? what will your health be like? what do you want to do with your estate?* All these aspects deserve and necessitate planning as well.

1. What Will You Do In Retirement?

The average worker spends about forty hours a week at work, or about 2,000 hours a year. That time needs to be filled in retirement. Begin by taking inventory of the things you would enjoy doing in retirement to see how many hours they will take up daily or weekly. Most likely, they won't add up to forty hours a week, meaning you'll either need to lengthen these activities and/or take up new ones. While it may be tempting to expand the time spent in front of the TV, computer, or books, it may not be beneficial to your health. Instead, it may be better to increase time for your physical activities or start new ones. Remember, you should have moderate or higher intensity activities for a minimum of 30 minutes a day for at least 5 days a week to maintain good physical health.



Many find volunteering is a rewarding way to fill up time in retirement. Not only will you be doing something helpful, but you also get to meet new acquaintances. Other options include joining a club or taking some courses to learn something new and meet new people. Don't forget UBC and other colleges allow seniors age 65 and over to take courses tuition-free. Try out these suggestions before you retire, as it will help you decide what you'd like to do once you reach retirement. Another idea is taking a short sabbatical from work (6 months to a year) to "test drive" your retirement plan. This will allow you to evaluate your plan in real time and make any changes or adjustments based on what you experienced.

2. Where Will You Live?



Many people stay in their current home during retirement, but others move for financial or social reasons. If downsizing is part of your retirement plan, then look into your options a few years before retirement to better prepare you for the type of housing and the neighbourhood you may want to retire in. Although condo living offers certain advantages, renting one first will confirm whether it suits you. Better to discover that you may not like sharing your walls, floor and

ceiling with neighbours or restrictive strata rules before buying a condo. Similarly, renting in a new community first may help you decide whether it is the right place for you.

Even if you plan to stay in your current home, some thought should go into "for how long?", as this will help you decide on things such as whether to renew your mortgage or if it's worthwhile to do costly renovations.

3. How Is Your Health?

Your health is possibly the most important aspect of your retirement because it determines how well you'll be able to enjoy it. Having all the money in the world will not mean much if you're not healthy enough or live long enough to enjoy it. So if you are not in the best of health, it may be wise to look into how you can become healthier. Start by consulting a physician or healthcare professional to address any health concerns that you may have. Starting a fitness program and/or adjusting your diet before you retire may be all that you need to do. Solicit help from friends or loved ones to stay committed to a program involving physical activity and/or diet changes. Investing in your health will likely give you the best return of anything that you devote time and money towards.

4. What About Your Estate?

Most of us would like to leave a legacy for our children and loved ones. One possibility is sharing your legacy through planned gifting while you're still alive (aka "living legacy"). This requires factoring in gifting as part of your financial retirement plan to make that a reality. If it is not feasible to gift while you're alive, then buying certain types of insurance products may help you leave a planned legacy after you're gone. Make sure you have a valid will conveying your wishes for your estate in place.

Some may also want to leave a legacy to their favourite charity. The same thinking applies here as it does for leaving legacies to children and loved ones. Since these decisions may impact your lifestyle in retirement, it should be a part of your overall financial retirement plan.

Don't hesitate to give us a call at 604-432-7743 or email me at chad@capitalconceptsgroup.com should you have any questions or require assistance in putting your retirement plan together.