

*Dr. Sapna's*  
**RETIREMENT CHECKLIST**

A large number of impending retirees are either dreading it or are apprehensive regarding one or a number of aspects. Whilst money is an important foundation to enjoying and fulfilling retirement plans and dreams, yet there is much more to retirement than money. Given the longevity and health care facilities, retirement at or around 60 means there is still one-third of life to be lived. And that is a lot. Especially when the first of the third has been spent in ignorance and the second in earning and fighting your way up, what is left for real 'living' is this last third, which is certainly not the least.

Again, the life partner has a very important role in your retired life. Most senior executive roles are demanding and all-absorbing. The end of work can conjure up significant losses of status, challenges, job satisfaction, responsibility and time-engagement. Most of the time the entire attention is turned to the house and the partner, which in most cases is very challenging for the other family members while being exasperating for the retiree.

In this unique program that you attend with your spouse (as applicable), you walk through the different aspects of life.

**Course Content:**

- ⇒ **MODULE 1: AN OPPORTUNITY**
  - You
  - Your life- Expectation checklist
  - Your future- Expectation checklist- Spouse comparing
- ⇒ **MODULE 2: A NEW LIFE**
  - A new concept of time
  - Changing definitions
  - Opening to the new
- ⇒ **MODULE 3: Health & Spirit**
  - How much to bother?
  - Dimensions of health- Mental, Physical, Psychological, Spiritual & Financial
  - Medicines, supplements, food
  - Connecting for peace and bliss- Relationships & spiritual connect
- ⇒ **Module 4: THE OPTIONS**
  - To give or not to give
  - Home alone/ My son/ Retirement home
  - Full time work/ Part time work/ Voluntary work
  - Leisure/ learning/ fun
- ⇒ **PERSONAL PLAN-** Plans, personal blocks, milestones, commitments, for each other, learning, pleasure, leisure, health

**Duration:** 2 days

**Approach:** Interactive sessions with discussions, experience sharing, guided meditations, mindfulness exercises, self awareness and drawing personal ownership plans