



**"The control center
of your life is your
attitude."**

– Anonymous

**WatchGlass
Advisors, LLC**

*By isolating a
single aspect of a
broader situation
and focusing on
it, great progress
can be made...*

Taking Control of Your Retirement

by Rosanne Scriffignano, CRC, ACC

Although finances are a critical factor in retirement planning, they are, by no means, the *only* consideration. Answers to questions such as "Where will I live?" and "What will give my life meaning?" are equally important retirement considerations.

When do you feel most in control of your life? Is it when you first wake up? Perhaps it's after you complete a special project or organize your home. Everyone's version of "control" is unique.

According to Anthony Robbins: "You can't always control the wind, but you can control your sails." Life's winds can force us to change direction or shift focus suddenly. Through it all, we maintain better balance by finding ways to add back control to our lives.

What Does Your Retirement Look Like?

In addition to focusing on your life today, it's important to plan how you'll spend your golden years. Once you can visualize your ideal retirement, the next step is to plan for how it will take shape.

The possibilities during retirement are endless. For example, if you want to start your own business but are unsure where to begin, research opportunities such as franchises or single-owner ventures. If you want to travel around the world, create a plan for where you'd like to visit and how much time you can spend in each country.

Focus on Healthy Habits

We've all heard the saying: "If you don't have your health, you don't have anything." Years ago, I learned the importance of health from a couple who had traveled from the United States to Europe for the very first time.

As we waited to cross the street, the wife shared these words of advice: "Don't do what we did. Travel before you're old like us." She then added, "Always make health a priority."

When we parted company after a brief chat, I turned around to catch one last glimpse at this elderly couple. Holding hands and leaning on canes, they slowly made their way along the uneven cobblestones. Although these adventurous souls could not control the winds of aging, they were very much in control of their retirement dream.

What can we learn from this story? Hopefully, it will inspire you to pursue your dreams—no matter what obstacles come your way. As you look ahead to your retirement, focus on what matters most to you. Then, set your sail in motion.

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