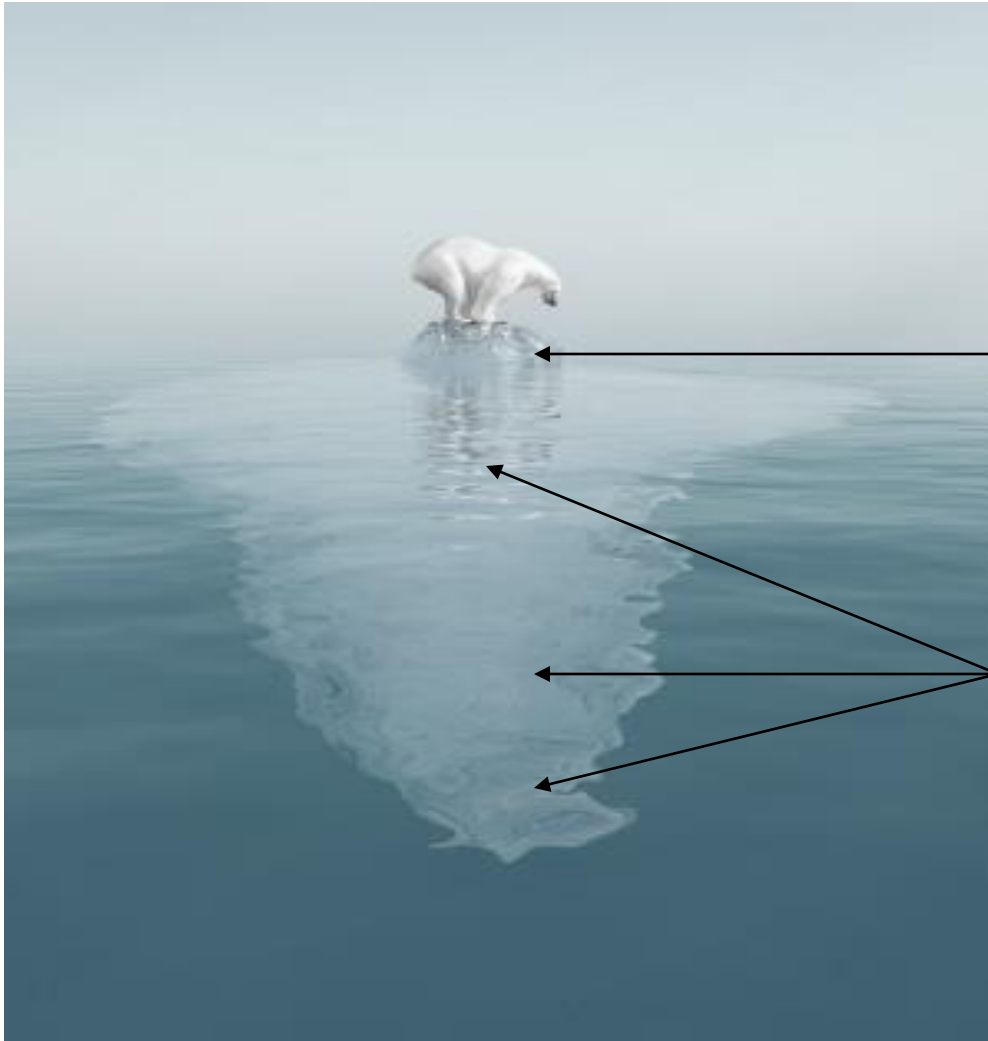


No Regrets Retirement Planning



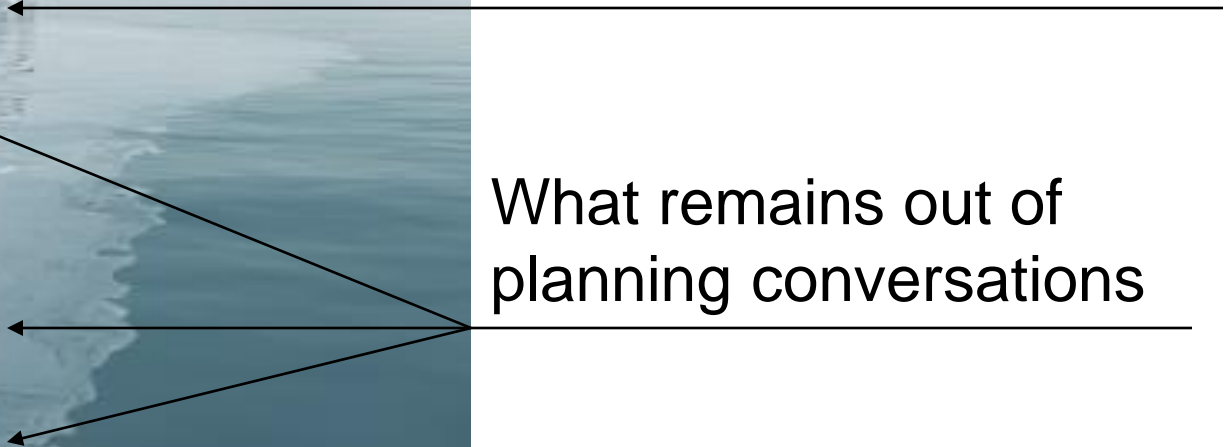
With Dorian Mintzer
& Robert Laura

Retirement Iceberg



What's planned for in retirement

What remains out of planning conversations



Retirement Shattered

Retirement ≠ Happiness



Perfect Retirement

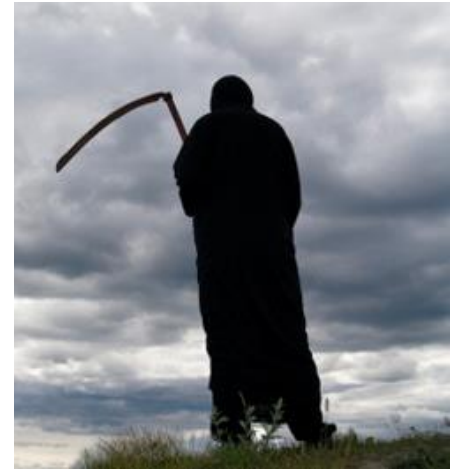


Dark Side of Retirement

It is expected that, by 2020, the number of retirees with alcohol and other drug problems will leap 150 percent to 4.4 million – up from only 1.7 million in 2001.

The National Institutes of Health reports that, of the 35 million Americans age 65 or older, nearly 2 million suffer from full-blown depression. Another 5 million suffer from less severe forms of the illness.

Suicide is the 11th leading cause of death in the United States with an aggregate rate of 11 suicide deaths per 100,000 Americans. Suicide rates are highest among people over the age of 65, according to the American Association of Suicidology (AAS). That age group makes up 12.5 percent of the population and accounts for 15.9 percent of all suicides.



Retirement Cruise

On your retirement cruise, you're left stranded on a deserted island. This comes as a big relief for you because you no longer have to deal with:

- a. Family member(s)
- b. A friend/relationship
- c. Money
- d. A specific commitment
- e. A decision you've been hesitant to make



Write It Down

A Simple Worksheet

Perfect Day In Retirement

Morning: _____

Afternoon: _____

Evening: _____

Perfect Week In Retirement

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Couples Retirement

In synch or out-of-synch retirement

Start having dialogue

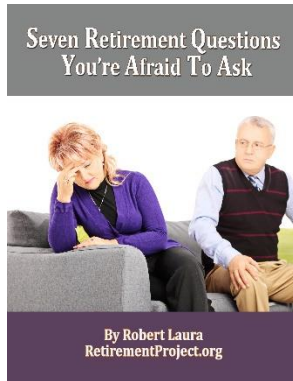
Clarify your expectations

Develop your own social networks



Putting It Into Practice

Guides, newsletters, reports, articles



Forbes



No Financial Regrets

Don't be afraid of your resource

Don't put off creating the lifestyle you want until retirement

Realize what you can and can't control

“No One Cares More About Your Money Than You”

Get involved

Find a teacher

Don't be afraid to break the rules: Stocks, alternative assets, entrepreneurship



No Therapy



No Regrets Retirement

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