

# BOOMERangs Retirement Life Planning Self-Coaching Workbook

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## BOOK DETAILS

- Author : Jeffrey Jans
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## **BOOK SYNOPSIS**

People say, "I'll never retire!" What they mean is they'll never stop working at something. Whether it is to keep making money and/or do something meaningful and significant, what that "something" is can be elusive. The goal of Circle Back to Your Dreams coaching is to help you find that which is uniquely yours to be and do. For those with only vague ideas of spending time with grandchildren, golfing, or traveling the retirement "honeymoon" can quickly evaporate into boredom and depression. Therefore, we encourage you to get as intentional about your Retirement Life as you are about your finances! Much more than income needs to be replaced when a person retires. Circle Back to Your Dreams is a retirement coaching process which enables you to "let go" of your career or profession, reconnect with or determine your life's purpose, and find the method or vehicle that will fulfill that purpose. The result is a "retirement" where each day you are engaged in something meaningful and significant to you. This 72 page, Self-Coaching Retirement Planning Workbook is filled with 22 activities designed to guide you through the process of circling back to your dreams and creating a retirement life that is uniquely yours. Millions of people have successfully retired in the past and did so without the benefit of coaching (either with an actual coach or from a workbook). Millions more have struggled. BOOMERangs Circle Back to Your Dreams does not prescribe what a successful retirement is. It is a process that leads you to create, discover, refine and implement a retirement that is right for you. Whether you are an individual, a couple or are part of a group of like-minded boomers, read and do the activities in each section of this coaching workbook and capture your responses on the pages provided. There are 4 sections to the workbook.

1. Introduction: The Shift to Retirement  
2. Break from Career or Profession  
3. Take a Productive Pause  
4. Make a Fresh Start  
Within each section are activities that, when totally completed, will result in a direction or intention for your retirement and options for you to fulfill that self-chosen purpose. Four easy steps to a rewarding retirement! Really? Why, if it's that simple, are workbooks and coaching necessary? If you have the discipline combined with the imagination, determination and skill to ask yourself the right, hard questions, it may not be needed. Most people don't have all of these traits. So for the best results, we recommend you share your learnings and revelations from these activities with a coach or accountability partner such as a spouse, friend, family or colleague. Or create a group of like-minded individuals going through the same process as you. Your accountability partner(s) will help you to convert dreams into reality. When your "yeah, but" gets in your way, your accountability partner helps to keep you focused on your original dream and keeps your fire lit! Organizations and financial advisors will find this Retirement Life Planning workbook the perfect tool for helping employees and clients be intentional about their retirement life planning as they transition from career. With the purchase of this workbook, Jeffery Jans or Mickie Schroeder will provide a 30-minute complimentary coaching consultation. Visit [www.BOOMERangsRetirementCoach.com](http://www.BOOMERangsRetirementCoach.com) to schedule your session.

## **BOOMERANGS RETIREMENT LIFE PLANNING SELF-COACHING**

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