

5 TIPS From Dr Riley Moynes

In the podcast, Dr Riley Moynes shares his retirement journey and how he discovered the phases of retirement that he explains in his book, "The Four Phases of Retirement" and his TEDx talk. The following tips explain those phases. To learn more, visit www.thefourphases.com or watch his [TEDx talk](#).

TIP 01

Retire

As you anticipate retirement, what do you imagine it will be like? How do you plan to "squeeze all the juice out of retirement?" Dr. Moynes interviewed many retirees to understand the phases of retirement that many people experience.

TIP 02

Vacation

The initial phase of retirement is all about freedom. You can fill your days with the things you've always wanted to do and check off the adventures on your bucket list. Most people believe this phase represents the ideal retirement--until they become bored.

TIP 03

Loss

This is the most difficult phase. Five significant losses happen in this phase: loss of routine, loss of identity, loss of relationship, loss of purpose, loss of power. All of these losses can lead to depression and discouragement. The good news is, you don't need to stay here!

TIP 04

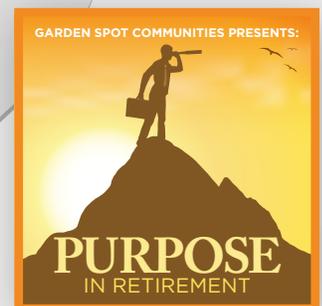
Trial & Error

This is a time when people try to discover what gives them purpose again. During this phase, it's really important to try as many things as possible to find that one thing that gives you purpose and helps you find joy in life again.

TIP 05

Reinvent

The retirees who break through to phase four are the happiest people you will ever meet. They have days filled with purposeful living and exude enthusiasm for life. How will you break through to phase four?



If you find these tips helpful feel free to share them with friends, on social media, in presentations and shout them from the roof tops.

We can change the world if we pursue *Purpose in Retirement*.

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