

# RETHINKING RETIREMENT



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2023 July



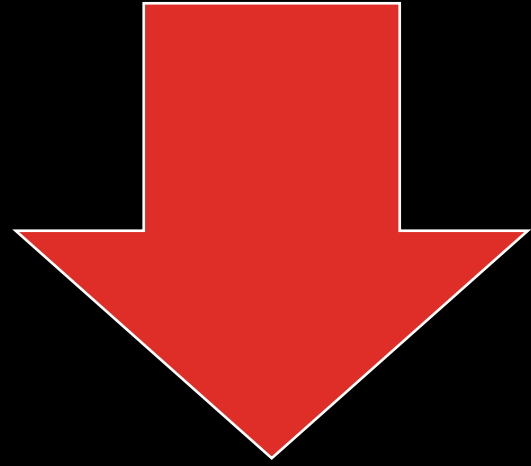
# CONTENT

- What is Retirement to most people?
- Why retire, or not retire?
- The 5 emotional stages of retirement
- Living a happy and meaningful retirement life
- My “Retirement” Journey



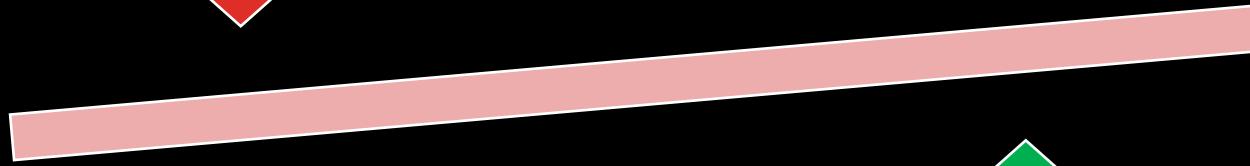
# RETIREMENT DICTIONARY DEFINITIONS

- Leave
- Cease
- Stop
- Remove
- Withdraw



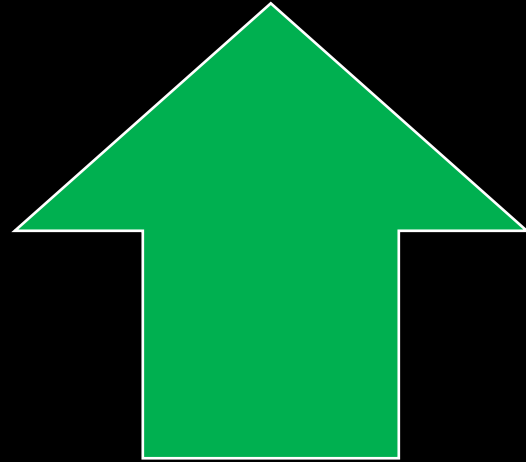
Retirement?

退休?



Rejuvenation?

進優?



RETIREMENT IS ....



A man with grey hair, wearing a black shirt and a blue and white striped tie, is pointing towards a large red speech bubble. The background is black with colorful, wavy light effects at the top. The speech bubble contains the text "What is RETIREMENT to you?".

What is RETIREMENT to  
you?

# RETIRE OR NOT?

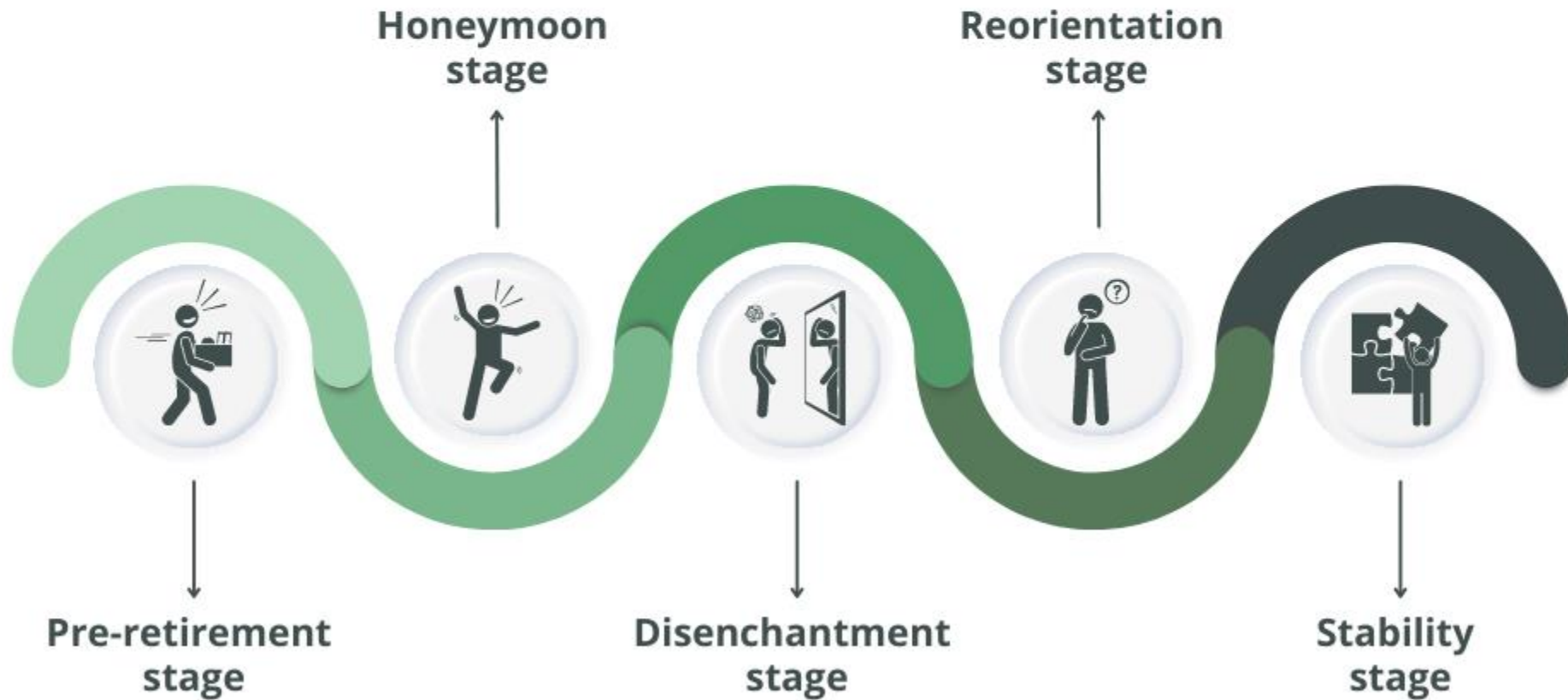


# RETIRE OR WHAT?





# THE 5 EMOTIONAL STAGES OF RETIREMENT





# RETIREMENT CONSIDERATION

1. Age
2. Financial security
3. Health
4. Burnout
5. Lifestyle changes
6. Job loss
7. Career completion

# THE WORLD HAS CHANGED!

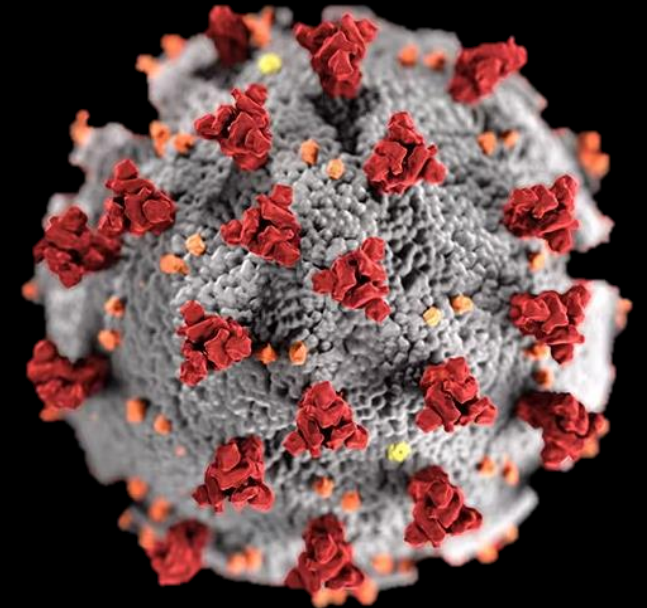
- Life expectancy over the years changed the game
- More intellectual requirement jobs (Less physically demanding jobs) for elderly

# MAJOR FACTORS BEHIND

- Financial Health
- Physical Health
- Social Health
- Marital status (the Netherlands study)
- Retirement planning
- And more....

# MY RETIREMENT JOURNEY

On 1 Feb 2020,  
This is what I  
had in mind...



# MY RETIREMENT JOURNEY

Started on 1 Feb 2020 – The peak of Covid 19 outbreak...

- Rethinking
- Replan
- Re-adjust
- Re-adapt
- Re-schedule
- “What do I want?”



I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it.

— Frances Lear —

AZ QUOTES

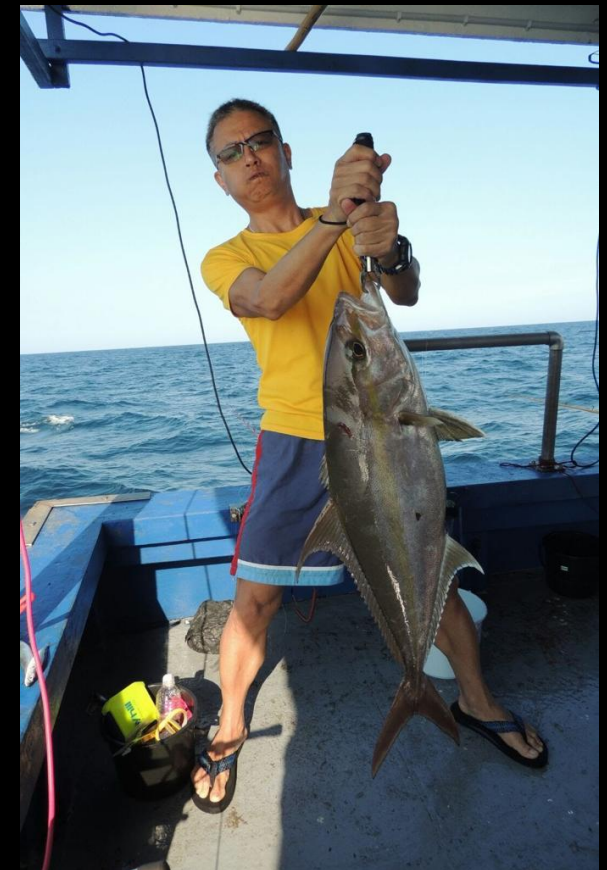
# MY RETIREMENT JOURNEY

MISSION :

Living a happy and meaningful retirement

I am not quite there yet, but I am finding my way to better meaning, health and happiness every day.

# WHAT I ENJOYED DOING BEFORE MY RETIREMENT





# WHAT I ENJOYED EVEN MORE NOW



May your life be full of happiness,  
success, and love. Sending my

**Best Wishes**

to you!



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