

RESOURCE LIST for Finding Purpose in Your Retirement

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Prepare for life after retirement

1. <https://www.newretirement.com/retirement/prepare-life-retirement-ways-find-meaning-purpose-stage-life/>
 2. 11 helpful retirement tips and tricks - <https://retirementtipsandtricks.com/how-do-you-spend-your-retired-life/>
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FINDING YOUR PASSION AND PURPOSE

Financial planning and readiness:

1. A retirement planner can be an excellent way to help you figure out if you are financially prepared for life after retirement. <https://www.newretirement.com/retirement/planner-signup/>
2. New Retirement's Retirement Planner is designed for anyone who is worried about their retirement — especially people nearing the end of their careers who are in their 50s and 60s. <https://www.bankrate.com/retirement/calculators/retirement-plan-calculator/>
3. This tool makes it easy to get a detailed assessment and helps you find ways to strengthen your plan. This retirement calculator was named a best retirement calculator by the American Association of Individual Investors (AAII). <https://smartasset.com/retirement/retirement-calculator>

Lifelong Learner Opportunities:

1. **Onedayu.com** – over 200 professors from 150 universities on hundreds of topics and video library. You can try it for two weeks and if you like, you can join for a monthly or yearly fee.
2. **YouTube** videos
3. **TED talks** – short 18-minute videos about various compelling topics – excellent and inspiring presentations
4. **MasterClass** is an online education platform with the world's most successful and famous teachers (writers, musicians, athletes, chefs, etc.). From classes such as cooking, acting, writing, poker, singing, sports to science, and so much more. Masterclass offers masterclasses (for any skill level) taught by the best in the world: Ron Finley, Aaron Franklin, Christina Aguilera, Helen Mirren, Hans Zimmer, Stephen Curry, Carlos Santana, Jimmy Chin, Dan Brown, Serena Williams, etc. This is a resource you pay a fee for.

Happiness:

1. **Explore the difference between a happy life and a meaningful one.** <https://blogs.scientificamerican.com/beautiful-minds/the-differences-between-happiness-and-meaning-in-life/>
2. Learn how **helping others can help you** finding meaning in life. https://greatergood.berkeley.edu/article/item/can_helping_others_help_you_find_meaning_in_life

3. Discover **the health benefits of having a purpose**
<https://www.shannonharvey.com/blogs/blog/the-health-benefits-of-finding-meaning-and-purpose>

Ikigai - a few resources for learning more about ikigai:

- Book: **Ikigai, The Japanese Secret to a Long and Happy Life** by Hector Garcia and Francesc Miralles
- Video: **Ted Talk, How to Ikigai, Tim Tamashiro**
- Video: **Ted Talk, Don't Wait to Find Your Ikigai, Gangadharan Menon**

Passion:

1. **14 Tips How To Find Your Passion In Retirement.**
2. <https://retirementtipsandtricks.com/how-to-find-your-passion-in-retirement/>

Purpose:

1. How to find purpose: <https://www.mindful.org/how-to-find-your-purpose/>
2. **Five Steps to finding purpose in your life:** <https://www.psychologytoday.com/us/blog/click-here-happiness/201712/five-steps-finding-your-life-purpose>
3. **120 things to do in retirement** and identify the pursuits that will deliver the trifecta of happiness, purpose and meaning. <https://www.newretirement.com/retirement/what-to-do-in-retirement/>
4. **Still stuck for a retirement purpose?** Try writing a retirement mission statement
<https://thesummerhouseyears.com/retirement-and-a-mission-statement/>
5. For a **blog on what it is like to retire** and what the author was thinking at various stages:
<https://www.theretirementmanifesto.com/archives/>
6. **The Life Purpose Breakthrough System** <https://gettingthru.org/spiritual/life-purpose-system/>
7. Want to help high schoolers find purpose? The GGSC's **Purpose Challenge** for students, educators, and parents incorporates cutting-edge science into videos and interactive exercises. Students can get help with their college essay and win up to \$25,000 in scholarship money.
<https://purposechallenge.org/>

Life Coach:

1. Coaching rates may range from \$50 to \$250 per hour, but many coaches offer a free initial session to ensure the relationship is a good fit. Check out the International Coach Federation Member Directory to find a credentialed coach in your area.
<https://apps.coachfederation.org/eweb/DynamicPage.aspx?WebCode=ICFDirectory>
2. Want to know more? Explore 6 ways a life coach can help you have a better retirement.
<https://www.newretirement.com/retirement/retirement-coach-can-help-you-have-a-better->

Mindfulness Apps you can discover on your computer or phone:

1. Headspace: Start with their calming one-minute breathing exercise to see if this is something for you.
2. Calm: Voice led meditation and a range of calming background sounds.
3. Stop, Breath and Think: This app checks in with how you are feeling and recommends a meditation based on your mood.
4. 365 Gratitude: 365 Gratitude is a science-based app that will motivate you to cultivate a grateful mindset in just 5 minutes a day. Gratitude is a key component of feeling and finding meaning.

Books about happiness, passion and purpose

Man's Search for Meaning by Viktor E. Frankl: If you read lists about the books successful people most often credit with being inspirational, it is a good bet that this will be a top contender.

The Art of Happiness by Dalai Lama: This book is the cornerstone of positive psychology.

The Subtle Art of Not Giving a F--- by Mark Manson: Maybe try the millennial self help guide from a superstar blogger who shows how to stop trying to be positive all the time so that we can truly become better, happier people.

You Are a Badass, How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero: Twenty-seven quick chapters with funny stories, sage advice, easy exercises, and the occasional swear word, helping you to create a life you totally love.

Jonathan Livingston Seagull by Richard Bach: Maybe go a bit retro with this 1970s classic.

A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle: The spiritual teacher and author describes ancient truths and applies them to life in the 21st century; encouraging readers live in the present moment. First published in 2005, the book sold five million copies in North America by 2009.

Gratitude by Oliver Sacks: The book chronicles the famous author's thoughts, wishes, regrets, and, above all, feelings of love, happiness, and gratitude even as he faced the cancer that ended his life last year at 82.

The Five Minute Journal: A Happier You in 5 Minutes a Day by Intelligent Change: Using the science of positive psychology to improve happiness, The Five Minute Journal focuses your attention on the good in your life. Improve your mental well-being and feel better every day.

The Alchemist by Paulo Coelho: Although set as a novel following the journey of shepherd traveling to discover the meaning of a recurring dream, the New York Times called this book "more self-help than literature." The journey teaches the reader about listening to our hearts, recognizing opportunity, and following our dreams. Originally published in Portuguese in 1988, it has been translated into more than 67 languages and is an international bestseller.

The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life by Chris Guillebeau: American entrepreneur Chris Guillebeau set out to visit every country on planet Earth by the time he turned 35. Everywhere he went, he found people pursuing extraordinary goals. These conversations compelled Guillebeau to study the link between questing and long-term happiness.

You Learn by Living by Eleanor Roosevelt: The former First Lady penned this simple guide to living a fuller life at the age of seventy-six. The book offers her own philosophy on living with compassion, confidence, maturity, and civic stewardship. The book may be more than 50 years old, but her advice is as applicable today as it was in 1960.

The Bullet Journal Method: Track the Past, Order the Present, Design the Future by Ryder Carroll: Organize your thoughts and focus on what is meaningful to you.

The Passion Test by Janet and Chris Attwood

There are actually not many books out there which is solely about finding your passion. Passion is a very personal affair. But Janet and Chris had created a simple system to discover your top 5 passions.

Finding Your Own North Star by Martha Beck

What does your inner compass tell you? This book is about trusting your own internal navigation system. Martha believes that we all have our own path to follow. Each of us have to figure out what our North Star looks like and follow our inner compass. If you are having a life transition and don't know where to head, this book is for you. It is suitable for people who want to be more in touch with their true desires.

The Renaissance Soul by Margaret Lobenstine

Are you a person who says, "Please don't make me choose one thing to do for the rest of my life!"? If you have too many passions and don't know what to do about them, this book is for you. Renaissance soul is a person who has many different interests and passions.

Finding Your Element by Ken Robinson

In his first book, *The Element*, Ken tells us what is element and explains why we need to find our element. This book is a continuation of the first book. It is about how to find your element. According to Ken, Element = Talents + Personal Passion. We need to find something which we are both good at and love to do. A mixture of stories and practical exercises. This book is a good starting point for those who aren't aware of their strengths and passions.

Find Your Passion by Henri Junttila

What is the best way to find your passion? Ask yourself important questions. Finding your passion is about self-inquiry and reflection. In this book, Henri presents the readers with important questions to get us thinking. This book isn't just about discovering your passion, it's also about inner awareness. If you are stuck, use this book for self-reflection. You'll have a better understanding of yourself.

It Starts With Passion by Keith Abraham

"When the WHY becomes clear, the HOW becomes easy." This is the premise of the book. Most of us don't start with *why*; we start with *what* we want to do. But when we do something without knowing why we do so, the work becomes meaningless. If you are feeling disengaged or something is missing from your life, this book helps you to reconnect and reignite your passion.

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron

Are your fears, anxieties, and pains preventing you from living a fulfilling life and achieving your big dreams? ***When Things Fall Apart*** is a classic bestseller that explores personal development and personal growth. Discover in this book, how you can use fear as an incentive to push yourself forward, find your purpose, become your best self, and cherish every moment of your life.

The Life You Were Born to Live: A Guide to Finding Your Life Purpose by Dan Millman

It is not a conventional book on how to find your passion in life. Based on numerology wisdom, helps you find your purpose by discovering many critical points of your personality. If you have a destiny, your destiny has more than one version. This book can put a light on your destiny's best version based on you: Creativity, Self-acceptance, Self-discipline, Integrity, Influence.

FOCUS FOR LIVING

Focus on Planning – Living Arrangement Choices -

- Purposeful Retirement **Dare to Downsize Affinity Group**. In the **SOTV.org** home page search box, enter "Affinity Groups" which will take you to SOTV's Purposeful Retirement Affinity Groups site. Click on the Dare to Downsize Affinity Group and you can sign up for emails from the group. Also listed is contact information if you have questions about the group. No meetings are currently being held due to Covid-19.
- **AARP** articles about living arrangements

- Reach out to **real estate agents** for ideas about relocating or winter destinations
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FITNESS FOR MIND AND BODY

Roiter, B. (2008). Beyond Work. Toronto: Wiley.

Together | American Heart Association - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together>

Encouraging older adults to stay active and safe during the coronavirus pandemic (national council on aging) - [NCOA.org](https://www.ncoa.org)

Exercise is Medicine (EIM blog covid19 and exercise) - <https://www.exerciseismedicine.org>

Exercise and Physical Activity | National Institute on Aging (nih.gov) - <https://www.nia.nih.gov/health/exercise-physical-activity>

The Global Council on Brain Health (GCBH) (aarp.org) - <https://www.aarp.org/health/brain-health/global-council-on-brain-health/>

FRIENDS AND FAMILY

Websites to check out:

Entertainment/hobbies:

- www.eventbrite.com - wide variety of free or low cost events to enjoy online; performing arts, discussions, classes, lectures, etc.
- www.theatermania.com – mostly information about live theater, with some virtual viewing opportunities
- www.goldstar.com – also mostly live entertainment with some virtual options
- www.letsmakeart.com – offers classes in a variety of art mediums
- www.yaymaker.com – purchase kits to make projects offered

Sites to make social connections:

- www.meetup.com – events for “all the things you love”; learning, outdoors, tech, social...many events are now being held virtually
- www.nextdoor.com – lets you connect with neighbors who share information on local concerns
- www.frienderapp.com – “make new friends to do the things you love”
- www.newsociables.org - a club known as "the friendliest, happiest and busiest social organization in the south metro area...of MN."

Volunteering:

- www.sotv.org/serve - opportunities to volunteer within Shepherd of the Valley as well as the community; some are currently suspended but will reopen as circumstances allow

Visit publisher's websites to find virtual talks by favorite authors:

- www.harpercollins.com
- www.penguinandrandomhouse.com
- www.simonandshuster.com

- www.hachettebookgroup.com
- Visit book stores/local libraries for virtual book clubs

Resources with information about aging and retirement:

- www.agingwithfreedom.com – newsletter advocating for “Baby Boomers to age well and live a purposeful, passionate retirement”
- www.sixtyandme.com – articles, tips, ideas for seniors (Includes an article about staying home during the pandemic)
- www.mather.com – organization that provides residences and programs for seniors; telephone topics provides virtual calls about wellness, education, discussion, music reviews and live performances.
- www.aarp.org – wide variety of articles, links and resources for people over the age of 50

Online Education:

- www.thegreatcourses.com – lectures given by college professors in 12 different categories (many offerings within each category) available for purchase in video or audio, disc or digital format (starting at \$35)

FUN, ENTERTAINMENT, TRAVEL

Outdoor Examples - Explore MN Winter Wonderlands

BE SURE TO CHECK THESE WEBSITES BEFORE HEADING OUT; COVID MAY CHANGE RESTRICTIONS AND CONDITIONS AT THE VARIOUS SITES

- **Interested in snowshoeing?** The trails within our many parks offer year-round adventures across a wide variety of terrain and natural features.
<https://dirooutdoors.com/blogs/news/15-best-places-to-go-snowshoeing-in-the-twin-cities>
- **For sledding and snow tubing** locations go to:
<https://www.exploreminnesota.com/list/15-minnesota-hills-sledding-snow-tubing>
- **Cross country skiing in Minneapolis -**
https://www.minneapolisparcs.org/activities__events/winter_activities/cross-country_skiing/
- **Spring Lake Park Preserve -** 8395 127th Street East, Spring Lake Park, Hastings.
<https://www.co.dakota.mn.us/parks/parksTrails/SpringLake> - The Schaar's Bluff Trailhead provides a scenic overlook of the Mississippi River Valley as well as access to winter ski trails.
- **Wood Lake Nature Center -** 6710 Lake Shore Dr S, Richfield, MN 55423,
https://www.richfieldmn.gov/around_town/wood_lake_nature_center/index.php is a nature area of 150 acres dedicated to environmental education, wildlife observation and outdoor recreation in Richfield and is open in the winter for cross country skiing on groomed trails.
- **Cannon Valley Trail – Cannon Valley.** <https://cannonvalleytrail.com/> 20-mile trail connects Cannon Falls, Welch and Red Wing in beautiful southeastern Minnesota. Paralleling the Cannon River, the Trail is open for cross country skiing, but the Great Minnesota Ski Pass is required to ski on the Cannon Valley Trail.
- **Hyland Hills Ski Area in Bloomington -** <https://www.threeriversparcs.org/location/hyland-hills-ski-area> - great for downhill skiing.
- **Buck Hill in Burnsville -** <https://buckhill.com/> - great for tubing too if you don't want to ski.

- **Fort Snelling State Park –**
https://www.dnr.state.mn.us/state_parks/park.html?id=spk00154#seasonal_update. The park maintains 8 miles of groomed cross-country ski trails and 3 miles of hiking trails. Snowshoeing is permitted anywhere in the park except on groomed ski trails.
- **Dakota County Parks – snow shoe in several parks in Dakota County -**
<https://www.co.dakota.mn.us/parks/Activities/Snowshoeing/Pages/default.aspx>
- **St. Paul - List of places to cross country ski in St. Paul -**
<https://www.stpaul.gov/departments/parks-recreation/activities-events/winter-spring-activities/cross-country-skiing>
- **Elm Creek Winter Recreation Area –** <https://www.threeriversparks.org/activity/tubing>. Ride a moving sidewalk up a 10-story hill and then soar back down on a specially designed inner tube.
- **MN Valley National Wildlife Refuge -** https://www.fws.gov/refuge/Minnesota_Valley/ - Over 45 miles of snowshoeing trails.
- **MN Landscape Arboretum -** <https://www.arboretum.umn.edu/SkiingAndSnowshoeing.aspx> - 11 miles of snowshoe trails and 8 miles of cross country trails
- **Theodore Wirth Park –** snowshoeing, tubing and cross country skiing with rentals available
https://www.minneapolisparcs.org/parks__destinations/parks__lakes/wirth_winter_recreation/
- **Carver Park Reserve –** <https://www.threeriversparks.org/location/carver-park-reserve> - 11 miles of trails through wooded terrain
- **William O'Brien State Park –**
https://www.dnr.state.mn.us/state_parks/snowshoeing.html – snowshoe anywhere except on trails groomed for X country skiing or snowmobiling.
- **St. Paul Como Park Zoo -** <https://comozooconservatory.org/>
- **MN Zoo -** <https://mnzoo.org/>
- **MN Landscape Arboretum -** <https://arb.umn.edu/>
- **Badlands Sno-Park – Hudson, WI -** <http://www.badlands-snopark.com/> - most popular tubing hill in the mid-west, 7 hills, 5 rope tows spread over 25 acres

Indoor Examples

- **Virtual Volunteering Websites**
 - **United Way -** <https://www.gtcuw.org/get-involved/volunteer/at-home-volunteer-opportunities/>
 - **Volunteer Match -** <https://www.volunteermatch.org/covid19>
 - **Habitat For Humanity -** <https://www.tchabitat.org/blog/virtual-volunteer-habitat-hype-team>
 - **Star Tribune Article -** <https://www.startribune.com/minnesota-nonprofits-rework-volunteering-during-covid-19/570724252/>
 - **MN Public Radio Story -** <https://www.mprnews.org/story/2020/11/13/ways-minnesotans-can-help-others-during-the-holiday-season>
- **Host a virtual retirement party –** <https://teambuilding.com/blog/virtual-retirement-party>
- **Online concerts and theater performances:**
<https://www.classicalmpr.org/story/2020/03/16/free-online-classical-concerts>
- **Google free online concerts, plays, musicals, live performances**
- **On line activities - AARP site for challenges, articles, games, videos, recipes, activities for**

AARP members - <https://stayingsharp.aarp.org/authenticated/%20/>

TRAVEL

- The CDC's current travel advice - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- US Dept. of State-Bureau of Consular Affairs - <https://travel.state.gov/content/travel.html>

TRAVEL ALTERNATIVES

- **Virtual Travel/Learning**
 - Forbes list of “20 Virtual Travel Experiences to Try” - https://www.forbes.com/sites/forbestravelguide/2020/03/24/20-virtual-travel-experiences-to-try/?_sh=749ea1876b82
 - Armchair Travel Experiences to explore the world from your living room - <https://www.thrillist.com/travel/nation/virtual-trips-travel-tours>
 - The Smithsonian Magazine's ideas - <https://www.smithsonianmag.com/travel/virtual-travel-180974440/>
 - Best Live Animal Cams - <https://parade.com/1015445/rachelweingarten/best-animal-live-cams/>
 - Take a virtual Alaskan dog sled ride at <https://www.smithsonianmag.com/smart-news/nostalgic-north-take-virtual-dogsled-ride-fairbanks-alaska-180974782/>
 - Frank Lloyd Wright homes tour - <https://www.architecturaldigest.com/story/frank-lloyd-wright-buildings-you-can-tour-virtually>
 - 45 best virtual tours around the world - <https://www.globotreks.com/tips/best-virtual-tours-world/>
 - BuzzFeed offers sites by category of interest - <https://www.buzzfeed.com/annahaines/virtual-travel-experiences>
 - Combine virtual travel with virtual learning at - <https://www.roadscholar.org/virtual-campus/>
 - Experience more than 2,000 museums, landmarks, art exhibits & national parks – <https://artsandculture.google.com/partner>
 - Live cams with nature cameras staged all over the world – <https://www.explore.org/livecams>
- **Podcasts/Webcasts/Movies**
 - Explore destinations around the world - https://mn-ia.aaa.com/travel/travel-podcast.aspx?cid=deeplink_well-traveled&zip=55124&devicecd=PC
 - List of 11 Travel podcasts - <https://travelnoire.com/11-travel-podcasts-inspire-wanderlust-in-2020>
 - 20 of the best travel podcasts - <https://www.wanderlust.co.uk/content/top-travel-podcasts-you-need-to-listen-to/>
 - “One Travel’s” list of top 7 podcasts - <https://www.onetravel.com/going-places/top-travel-podcasts/>
 - Travel and Leisure magazine's list of 14 Best Travel Podcasts - <https://www.travelandleisure.com/style/travel-accessories/best-travel-podcasts>
- **Develop a movie “Watch List” - Google** -best-travel-films-of-the-past-50-years

FURTHERING FAITH

See <https://www.sotv.org/our-ministries/> Check out the Learn column for child and adult opportunities.