

# 5 Things to Avoid in Retirement



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## **Avoid the Word “Old”**

OK, so you are older than you were—so is everyone else. But you are not *old*—with all its connotations of incapacity! You are capable of much; so don’t talk yourself into less. Words are powerful. Listen in on your own conversations. How many times do you even jokingly refer to yourself as “old”? Purge that word! Purge it—because if you don’t, you will lose. Take advantage of all the senior discounts you can, but don’t think or talk about them as something given to “old” people. You’re not one of them!

**Don’t you just love it when...** Some folks put you in an imaginary box! And sometimes you even do it to yourself! Give yourself a break. Don’t slip up! You don't have to talk about yourself in a way that keeps you in the box.



# Avoid the TV Remote

## **Avoid the TV Remote**

Two things are wrong here: TV and remote. Too many people in retirement live vicariously through TV instead of truly living. Too many people in retirement push a button to change a channel instead of pushing themselves for a change. Life is to be lived—and lived actively. Regular physical exercise is crucial to your well-being. Walk, swim, dance, do yoga or tai chi, do water exercise—find something that moves you. Get up, get going, and live!

**Don't you just love it when...** Sometimes the imaginary box others have for you includes expectations: OLD folks watch TV. Don't slip on the notion you have to settle. There's more to life.



# Avoid Isolation

## **Avoid Isolation**

Human beings need social contact. We thrive in relationship, in community. Isolation is a huge downer for retirees. “Me, Myself, and I” is not a substitute for being among friends, participating in a group, just being around other people. Even if you are an introvert or “shy,” make sure you cultivate several friendships and get out among people regularly.

**Don’t you just love it when...** You find yourself alone and feel forgotten. Loneliness may begin at home—you have to step out or you’ll surely slip up! We all lose friends—particularly when retirement comes and you lose touch with friends from work. You have to bone up on your friend-making skills.



## **Avoid Staying "Busy"**

Listen to retirees talk and invariably you will hear "I stay really busy." For some—not all—that's more like code for "If I keep busy, I don't have to think about what's missing in my life." We need to be doing things that give us a sense of purpose and of significance. Are you giving back to others? Are you staying busy doing things that fill up your soul—or just your time? And, yes, it's OK to take a nap, to smell those roses, to have quiet, non-busy time in your life too. Those things are also meaningful.

**Don't you just love it when...** "Now that you're retired you could..." It's very tempting to dive right in and stay busy. You have permission to take some time and to evaluate options. You don't have slip into anything and everything that comes along. But you do need to find things to do that engage you and give you purpose.



### **Avoid Waiting**

In the famous play, *Waiting for Godot*, Godot never shows up and the two main characters mostly just waste their time. They pin their hopes on someone else and never realize they have the power to move forward. You have the power too. Take it. Don't wait for your spouse to tell you what to do—that's a quick road to no fun! Don't wait for the opportunity to volunteer to call you. Don't wait for someone else to invite you over. Don't wait for a buddy to say, "Hey, let's go for a walk." Don't wait for someone else. It's your life, live it!

**Don't you just love it when...** You get surprised by some of the empty places retirement uncovers. You don't know what to do, so you count on others who seem to. But your retirement is your path to take; don't make it a rut.

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