



Plan for your retirement

**Retirement Planning Council of
Ireland**

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Retirement

– just another change

Redefining retirement: age 65 to 80 – why?

Our life expectancy continues to rise!

From 1926 to 2006 life expectancy has increased :

Males by 19 years

Females by 24 years

and still increasing.

A girl born to-day has a 50/50 chance of living to 100-a boy to 96!!



What will not Change In Your Life?

- **You**
- **Family**
- **Home**
- **Friends**
- **Current Interests**
- **Taxes**



Main things that change

- **Health**
- **Money**
- **Relationships**
- **Time/Routine**





Time to Plan



Reinvent Yourself

Elements of your Plan

Elements	What they mean?	Why include them?
Routine	Everyday things	Time management
Productive	Work? Volunteering? Learning? Caring?	Expend energy Self-esteem Self-Worth Positive perspective
Leisure	Hobbies Physical Activity Mental activity	Enjoyment Healthy Lifestyle New Contacts
Different	Follow your Dreams At least one per year	New challenges Self-motivation





and always remember:

“Life is not measured by the number of breaths we take but by the moments that take our breath away”

- George Carlin on Ageing

