

# What's Next in Your Life?

## Fact Sheet

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[www.WhatsNextInYourLife.com](http://www.WhatsNextInYourLife.com)

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### Planning for the Non-Financial Aspect of Retirement

A lot of the more than 76 million baby boomers headed toward retirement are losing sleep at night, not because they're worried about having enough money to retire. They're wondering what they want to do with the rest of their life, according to Joan & Stephen Carter, cofounders of Life Options Institute, an organization devoted to helping people plan for life after age 50.

- **What is [www.whatsnextinyourlife.com](http://www.whatsnextinyourlife.com) ?** Developed by the Life Options Institute, it is an interactive Web site filled with resources to help baby boomers and retirees plan for the **non-financial** aspect of life after 50.
- **What does the site contain?** The site contains life planning tools including information on after-retirement work options, lifestyles of the newly retired, a resource library, and information on how to hire a life coach for some one-on-one counseling.
  - ✓ Planning Tools—which contain a series of interactive question and answer exercises that are developed to help plan for the rewarding and fulfilling second half of life.
  - ✓ Work Options—which contains information from how to find a job to starting your own business after retirement.
  - ✓ Lifestyles----includes information on wellness, travel & leisure and relocation after retirement.
  - ✓ Idea Library—which contains more than 2,000 informative Internet sites listed by category and keyword

- ✓ Blog—Joan & Stephen Carter provide updated information and coping tips for the 50+ generation.
- ✓ Need a Coach?—Provides assistance in locating an individual life coach who can provide one-on-one counseling on how to prepare for the next steps in your life.
- **Who should use the site?** The site is for anyone who is retiring or leaving his/her career and entering into their “secondment”—the second half of life. From the CEO ending a career to the homemaker with an empty nest, all can benefit from some life planning tools.
- **Companion Book & Workbook.** *What’s Next in Your Life?*, developed as a guide to 50+ baby boomers who are now taking their first steps into the exploring the world of retirement, is available on the web site ([www.WhatsNextInYourLife.com](http://www.WhatsNextInYourLife.com)) and at Amazon.com.

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