

Don't Let it Slip Away... by Howard Wand

When you reach that age when you decide to retire, you find yourself with more time available, less motivation, and a more narrow sense of direction. It can be confusing, troublesome, and even lead to some depression. It doesn't have to be that way.

Give thanks if you are in good health and that you have more time available for family and friends. Pursue the things you enjoy in life. Play more golf, tennis, or other activity you like, that a busy job or career did not permit. Go out to dinner with your spouse or friends, head to the beach for a weekend, or do some traveling if that is your pleasure in life. Find your motivation from things for which you have passion. Volunteer some of your time to helping others. Learn a musical instrument or write those songs, poems, or books you once only dreamed about. If you are a hands-on person, use your unique talent and skills to catch up on the things you let slip away. Life and success begin with that first step, followed by the second, third, and finally you are moving at full pace. While this is important at retirement, it also applies at any age.

The first step is to get off the couch and find one thing that you will do on a regular basis. Slowly add to the list of activities as your passion for them develops. This is your life and it is important not to let it slip away. Treasure every moment, every touch you feel. Tomorrow is just a promise, but today you live for real. Don't let it slip away.