

# Your Retirement Quest

# Additional Resources

KEY ELEMENT	OBJECTIVE	TOP RESOURCES
LifeScape Plan	Define the life you want to create in the future and achieve the retirement of your dreams	<i>Your Retirement Quest</i> (Keith Lawrence/Alan Spector) <i>5: Where will you be 5 years from today?</i> (Dan Zadra) <a href="http://www.YourRirementQuest.com">www.YourRirementQuest.com</a>
Purpose/Values	Discover your life purpose as well as better live it every day	<i>On Purpose Person</i> (Kevin McCarthy) <a href="http://www.msb.franklincovey.com">www.msb.franklincovey.com</a>
Attitude	Understand the impact your current way of thinking has on your life and identify possible new habits to adopt	<i>The Energy Bus</i> (Jon Gordon) <a href="http://www.goodthinkinc.com">www.goodthinkinc.com</a>
Well-Being	Assess the impact of your current daily habits on your life expectancy and identify new behaviors you can adopt to live a longer, healthier life	<i>The Blue Zone</i> (Dan Buettner) <i>You Staying Young</i> (Mohmet Oz, M.D. et al) <a href="http://www.Bluezones.com">www.Bluezones.com</a>
Financial Security	Deepen your mastery of the importance of financial planning and getting sound advice as you enter retirement	<i>Get a Life</i> (Ralph Werner) <i>Money Master The Game</i> (Tony Robbins) <a href="http://www.Daveramsey.com">www.Daveramsey.com</a>
Connectedness	Identify new ways to get to know others and create deeper, more meaningful relationships	<i>The Couples' Retirement Puzzle</i> (Dorian Mintzer and Roberta Taylor) <a href="http://www.Meetup.com">www.Meetup.com</a>
Giving Back	Explore new opportunities to leverage your time, talent and treasures to impact the lives of others	<i>The Power of Giving: How Giving Back Enriches Us All</i> (Azim Jamal, et al.) <a href="http://www.aarp.org/giving/back">www.aarp.org/giving/back</a>
Passions	Rediscover or uncover what truly excites you in life	<i>Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type</i> (Paul Tieger) <i>StandOut</i> (Marcus Buckingham) <a href="http://www.seniors4hire.org">www.seniors4hire.org</a> <a href="http://www.retiredbrains.com">www.retiredbrains.com</a> <a href="http://www.yourencore.com">www.yourencore.com</a>
Growth	Pinpoint new opportunities to learn, expand your knowledge and create new life experiences	<i>A Mindset for Learning: Teaching the Traits of Joyful, Independent Growth</i> (Kristine Mraz and Christine Hertz) <a href="http://www.lifereimagined.aarp.org">www.lifereimagined.aarp.org</a> <a href="http://www.osherfoundation.org">www.osherfoundation.org</a>
Fun	Add to your life more ways to just have fun and pursue your dreams	<i>Try Something New</i> (Kim Chapman) <a href="http://www.Bucketlist.org">www.Bucketlist.org</a>