**Tips**

* Eat Well
* Exercise daily
* Rise early or consistently at same time
* Meet or visit family, friends for b’fast, lunch, dinner, house party
* Establish new relationships

**Retirement plan**

* Structure---------Things that must be done everyday
* Productive-------further work, community involvement , voluntary work( Simon,Rape crisis centre), further learning, adult literacy, chairperson.
* Leisure-------------expand or choose hobbies, physical or mental
* Different----------- Do one thing different every year like learn a language, visit a different country or take up a different sport or hobby

**Your dream up to now**

* One day I will
* If I had the money
* If I had the time to
* You never know I just might
* If only I could
* Well now you will be able to, you have the money, you could go to, you have the time to and you could feel more relaxed

**Retirement**

* You wake up and open your door to an infinite field of dreams.
* You have to pinch yourself to realise you have retired and start your new life