

Why Bother?



If you're asking yourself that question in terms of planning for retirement, consider it a red flag--and an invitation. Assuming there's nothing worth bothering with once you give up work will make what you do with those years far less meaningful. Even worse, it can be the start of a downward spiral into outright depression. That's the red flag.

The invitation is to find the things that you *would* want to bother with.

Some of us are lucky enough to have those in plain sight as we head toward the finish line of our careers.



It may be traveling.

It may be taking up a new profession.



.....or sport



It may be caregiving for someone you love



young....or old.



It may be seeking a higher plane spiritually.

Only you get to decide what's important enough to spend time, energy, and effort on once you walk out the door at work for the last time.

You need to "bother." That's the start of finding a sense of purpose once the world of commerce...or academia...or whatever no longer pays you for your service. It's important to find things to care about.

Don't wait until you retire to bother with the things that catch your interest, enthusiasm, and/or ire.

The more you know about what engages you beyond work, the more satisfying your transition into retirement and the many years that could well follow will be.