



PREPARING FOR LIFE AFTER INTERNATIONAL EDUCATION

The Biggest Life Transition

But most people spend more time planning for their annual vacation than they spend planning their life after their career.



HOW DO YOU DEFINE YOURSELF?

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- ▶ Dean
- ▶ Director
- ▶ International Student Advisor
- ▶ FAIE Board Member
- ▶ Faculty member
- ▶ NAFSA Leader
- ▶ Parent
- ▶ Child
- ▶ Grandparent
- ▶ Spouse
- ▶ Sibling
- ▶ Volunteer
- ▶ Church member
- ▶ Global citizen
- ▶ Homeowner
- ▶ Friend

IDENTIFYING WHAT IS IMPORTANT TO YOU

HAPPINESS

- ▶ Inward looking – about satisfying your needs and wants. When things go well, when your needs and desires are satisfied, you're happy. When things get difficult, watch out.

MEANING

- ▶ Outwards focused, on others. It's about taking care of others and contributing to your community or society as a whole.

PURPOSE

- ▶ Researcher from Patrick Hill and Nicholas Turiano found that people who have a sense or purpose or direction in life outlive their peers.
- ▶ In fact, people with a sense of purpose had a 15 percent lower risk of death, compared with those who said they were more or less aimless. And it didn't seem to matter when people found their direction. It could be in their 20s, 50s or 70s — even when controlled for other factors that affect longevity like age, gender and emotional well-being.

MEASURING PERSONAL SUCCESS

During your career, success might be measured by pay, title, feedback from bosses and coworkers.

Need to define and measure based on a new set of gauges.

My Personal Mission Statement

It is my mission to live a life of honesty, integrity, and unconditional love;

To never lose sight of what is most important;

And to make the world a more beautiful place through art and my relationships with others.

- Christin Joy Johnson

DEVELOP A
LIFE
MISSION
STATEMENT

WRITE YOUR “BUCKET LIST”

- ▶ There is no right or wrong way to write your bucket list.
- ▶ You can develop your list on your own, with your spouse/partner, with a group of friends.
- ▶ This is a personal journey between you and your aspirations.
- ▶ Come up with items that are meaningful to you; ones that will inspire you to wake up each morning.
- ▶ Don't exclude anything because you think it is too difficult or frightening; it is meant to stretch your comfort zone.
- ▶ Nothing is too simple if it has meaning to you.

ORGANIZING YOUR “BUCKET LIST”

Seasonal Items

Items that require a certain season to be optimal. For example, seeing tulips in Holland in the Spring or Dogsledding in Greenland in the Winter

This Year

Items to complete in the next 12 months.

Before I turn “75”

Choose goals you want to accomplish before you turn a certain age.

“BUCKET LIST” CATEGORIES

- ▶ Adventure
- ▶ Career + Finances
- ▶ Charity
- ▶ Creativity
- ▶ Education
- ▶ Entertainment & Events
- ▶ Family + Kids
- ▶ Food + Drink
- ▶ Just for Fun
- ▶ Local Experiences
- ▶ Personal Growth
- ▶ Nature + Wildlife
- ▶ Sports + Activities
- ▶ Travel

Benefits of a “Bucket List”

- ▶ Forces You to Look at What You Really Want
- ▶ Gets you Excited
- ▶ Creates Focus
- ▶ Motivates You
- ▶ Pushes the Boundaries of your Comfort Zone
- ▶ Makes You Feel Accomplished
- ▶ Makes You More Interesting
- ▶ Keeps You Active
- ▶ Creates a Legacy

BUCKET LIST

- 1) Go to the Superbowl
- 2) See the Rolling Stones
- 3) Race at Daytona

BUCKET LIST

AN INVITATION TO DREAM BIGGER!!

BE REALISTIC ABOUT WHAT RETIREMENT WILL MEAN TO YOUR LIFESTYLE





DO NOT STOP
BUDGETING!!

MAINTAINING AN ACTIVE SOCIAL LIFE

01

Commit time each day to seek out ways and places to meet people.

02

Join clubs and organizations or start your own based on your interests.

03

Number of people we interact with and the diversity of those interactions.

DEVELOP A NEW RELATIONSHIP WITH YOUR SPOUSE AND OTHER FAMILY MEMBERS



Significant increase in the amount of time couples spend together – can lead to differing expectations.



Children or parents may have their own expectations about the amount of time you will spend with them.



Do consider relationship coaching and have honest conversations about making conscious choices in how you spend your time.

HIRE A FINANCIAL ADVISOR

- ▶ People working with a financial advisor are more likely to have savings for retirement and are more likely to have set a retirement savings goal, according to the Insured Retirement Institute (IRI) "Boomer Expectations for Retirement 2014" report.

WHAT DO FINANCIAL ADVISORS DO?



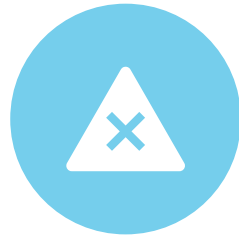
**THEY BOOST YOUR
RETIREMENT SAVINGS.**



**THEY BOOST YOUR
CONFIDENCE.**



**THEY INCREASE
RETIREMENT PLANNING
BEHAVIORS.**



**THEY GET YOU TO ACT
AND STOP
PROCRASTINATING
YOUR RETIREMENT PLAN.**



THEY OFFER EXPERTISE.



**THEY HELP YOU ACT
RATIONALLY.**

THANK YOU FOR ATTENDING!!



**PILLAR
WEALTH**

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