

Welcome !!!

Objective & goal.... A practical approach to couplehood in retirement years.

What goes on before and after retirement? (Measurable)

Significance

Time

Interests

Money

General appearance

Communication...deeper & not easily measured Expectations: belief... anticipation Perspectives: outlook, view, family hierarchy Appreciations: thankfulness, acknowledgments, gratitude Vulnerability: open to criticism... risky... couragous Shame: something dishonorable... improper...unworthy Empathy: personal identification, vicarious feelings

This is not a new topic....

What's in the news?

...we could be retired & together for another 30yrs!

Where is the practicality? Living... WHOLEHEARTEDLY.... 10% 40% 50% Keep the fire going...Thomas Kincaid Thankfulness....Joe Aaron Don't let stress rule the day...Brooks Work on your "life style of togetherness"

