

# Retirement Wellness Report™



## North Korea

News about North Korea is hard to come by. Here are some interesting facts about the Democratic People's Republic of Korea.

It is said to have the largest military in the world with 7.7 million servicemen and women.

It has the world's largest stadium in Pyongyang, that can seat 150,000 people.

In the 1990s, teachers were required to learn the accordion.

North Korea has three TV channels. Two are available on weekends while the other can be watched in the evening.

Elections take place every five years but only have one option.

Denim Blue Jeans are illegal as they represent capitalist America.

Source: Wikipedia & Independent.co.uk



**Need a helping hand with your retirement situation?**

*I can help. Call me today to schedule an appointment!*

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## *Whose Retirement Directions Are You Following?*

**H**ave you ever taken a wrong turn, or worse, ended up lost or out of sorts because of your GPS? Maybe you were guided into a construction zone or the signs and guideposts promised on the map weren't actually there.

Either way, when it comes to charting your way through retirement, all of us are following someone's directions. A set of beliefs, ideas, and concepts - that someone who claims to know the way - has laid out for us. It's rare to find someone blazing their own trail... and heaven forbid that when they do, they're looked down upon or outcast for not subscribing to the recommend way. But what if the place so many of us are headed isn't where we want to end up?

What if I told you that no matter how secure and confident you felt about your current retirement plan, the path you're on may lead to a dead end? A barren, desolate corner of life that may leave you feeling alone, out-of-touch, and like there is no turning back.

You see, when it comes to retirement, most people prefer directions that promise wealth and comforts, so they compartmentalize their plan. Financially speaking, they institute certain rules for investing, mandate specific habits for saving, and sacrifice their health and relationships because someone told them that it's the right way to retire.

But that's not how it works. You can't selectively plan your way to - and through retirement. At some point your health, relationships, mental strength, and spirituality will come into play. It could happen on your first day of retirement or twenty years into it, but rest assured, you will cross that path when your lack of habits and discipline in other areas of life are brought into question.

Don't take this as a ploy to make you feel guilty about saving or investing... or to question your values or morals. The problem isn't that you have lots of money saved for retirement, the issue is that money may not be able to save you in retirement. We all know that money can't buy love or happiness, but in real-life, money alone won't help you replace your work identity, stay connected to family and friends, feel relevant, or mentally and physically strong.

Let me ask you, "Is it possible that you may be placing too much emphasis on the financial stuff and risking aspects of your health, relationships, mental or physical well-being or spiritual connection in the process?" Could it be time to pull-over and consider a new route? One that helps you balance the personal aspects with the financial parts. A wealth map that allows you to fully embrace life at every level.

Reality is, running out of money pales in comparison to running out of family, friends, good health, and ultimately time. In other words, just following the financial directions can cause you to miss your true retirement destination.



# Creating A Rainy Day Fund For Your Personal Life In Retirement

It's not uncommon to hear a financial expert preach the importance of having a rainy day fund equal to 3-6 months of expenses to cover emergencies or unexpected costs. While that's very important, what's often missed is that the same idea should be applied to your personal life in retirement as well.

It's one reason why I ask people, "Where is your retirement sanctuary? Where do you go or who do you turn to after a bad day?"

On the surface, it may seem like a depressing question to think about and answer but the reality is, a successful retirement isn't one without problems, but one in which you learn to overcome them. Therefore, in order to make a successful transition from work-life to home life, it's important to understand how you deal with bad days, hard times, and even suffering.

This begs the question, where do you go or what do you turn to after a bad day? Is it the refrigerator for comfort food? The liquor or medicine cabinet? The phone to call a trusted friend or family member? Do you use books, a movie, yard work, or fishing as an escape?

It's a powerful question that can help you understand how you respond to difficult or unexpected situations in retirement.



## Answers:

1: Mary Poppins

2: Moses didn't take any - it was Noah on the Ark.

3: Arnold Palmer (Arnie's Army)



1) Who pulls a potted plant and hat stand out of her bottomless carpetbag?

2) How many animals of each species did Moses take on the ark?

3) What man was golf's first millionaire & followed by an Army of fans?

See answer below left.



While there is no best answer, having a plan or people in place to help you manage your emotions during tough times is crucial to your overall well-being.

Just as investors are told not to make emotional decisions, the same holds true for your personal life. Whether it's a divorce, the loss of a loved one, challenges with an adult child or aging parent, medical diagnosis, or feeling alone or isolated, you need people and places to turn to for wise counsel and support.

One way to do this is to create what I call a Saving Grace Account. It's simply a list of family, friends, professionals, organizations, and things you can rely upon for help and support during emergencies and unexpected life events. This support network can be just as important, if not more important, than a financial savings account.

You can begin to develop one by answering these questions:

- Who gets the first phone call when you're feeling down and need a pick me up?

- Who provides wise counsel or time-tested advice?
- What tasks provide joy and help you take your mind off things?
- What organizations may be able to lend a helping hand or connect you to services that can help?
- Who has been there in the past when you needed help, a hug, or a kick in the behind?
- Who would help you move into a retirement community, or nurse you back to health after a knee or hip replacement?

Building a saving grace account like this takes time and energy. Often times, the best way to ensure you have someone to turn to is by being that person for someone else first. In addition to answering these questions, consider who might put you on their list and the things you can start doing to help and support others.

