



“Life After the C Suite!
Secrets for Reinventing
and Savoring
Your Life!”

Irisha Brown M. Ed
Empowerment Strategist and Coach
973.668.6520
irisha.brown@gmail.com

Strategic Tips from
The Successfully Reinvented!

- **Know Your Retirement Goals:** Give thought to Your dreams, passions and heart's desires – Plan to nurture and grow yourself; consider how you can continue to contribute to growing others
- **Write your Goals and Plan down!** Be specific about your plans for YOUR Financial, Emotional, Psychological, Spiritual and Physical Fitness. Save more money than you think you need to -start doing this NOW! Speak with a Fiduciary...Protect your Physical Fitness – It is a foundational building block for freedom.
- **Create a “Transition Safety Net”:** Think through and plan your activities for *at least* the first ten to fifteen days after you retire. Planning to just “sit around and relax” is a sure fire way to dampen your sense of purpose, accomplishment and pleasure.
- **Professional Relationships:** Consider and plan for how you will nourish your long-standing professional relationships and connections, and how you will LET GO so that you are not enmeshed in “what's still happening at the office” ...
- **YOUR LEGACY!:** Plan, Create and Protect It!
PROFESSIONAL: Capture and promote accomplishments and contributions that you want others to know about yourself. Make sure that the records that you leave behind reflect what you want known in the way that you want it known.
PERSONAL: Share your personal history in writing and give your family the gift of knowing your family's journey and heritage. Your struggles and accomplishments will inspire and buoy members of your family, and provide opportunities for them to know you more deeply while enriching your relationships.

Treasure and **Live Your LIFE** like it is GOLDEN!

You have EARNED IT!

