

Chapter 3

PREPARE FOR NON-FINANCIAL RISKS IN RETIREMENT

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PREPARE FOR NON-FINANCIAL RISKS IN RETIREMENT

The 6 Main Non- Financial Risks to Anticipate during Retirement

Most of the people not only worry about the financial aspect of things just is the same when we say that money is not everything. There are six main non-financial risks, look at it, listen to it, and see if you can relate. And if you can't, it will prepare you for the impending retirement.

Module 2 - Prepare to Re-Tire

The 6 Main Non-Financial Risks to Anticipate



You were a mover and shaker in your industry

When you speak, people obey and listen

Who's who → Who's he?

**Can't get the plumber to come to your house
...at you desired time to fix the leaking pipe**

Sense of Identity Loss

1) Sense of Identity Loss

Imagine if you are working in the corporate world or you are doing very well in your business for the past 30-40 years, especially when you're in a very senior management level. There you may be a mover and shaker in your company or your industry. When you are in a very high-level position, you are either in a company or working on your own business. Now when you speak when you back out orders, people stop and listen and follow and obey what you say. After you retire, you might still adopt the same attitude when you're dealing with people around you, who are not your staff and you are not the one paying them the salary. It's like you are being transformed, shifted your position from being who's in the industry or the company to being people ask who's he? So it's a major shift. People just obey instructions, follow immediately, get it done, and deliver to him. After retirement, you're sitting at home and the thing is you cannot get even a plumber to come to your house at your desired time to fix one leaking pipe. Now that is the thing about the sense of identity loss and the way to fix this or resolve this. Your identity defines you when you are an expert in your industry or your view. It does not have to do with what you are when it comes to retirement. Don't let that kind of identity is carried forward when you are in a retirement phase. Because if you set your expectation, do not set the expectation that people will have to listen to you. People will still have to act to your command at the top of your fingertips. No, it doesn't work that way. Now if you could know this, be aware of this because in retirement a lot of people face a sense of identity loss.

Module 2 - Prepare to Re-Tire

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True story:

"I get twice the husband...

...Half of the space...

...and he's getting BIGGER!"

Social/Relationship Issues

2) Social/Relationship issues

A lot of people who get into social or relationship issues, especially with the other half of our life namely our spouse. Sometimes because the husband was used to travel around the country, travel overseas for war engagement. In this case, most of the household staff is being managed by the wife, who is a homemaker. Therefore when her husband retires he just sits at home every single day, which frustrates the wife. He was previously maybe not at home for the whole week but now he's at home for the whole week, for the whole day, 24 hours a day. The wife gets twice the husband and half the space because he's getting fatter and fatter. There's no perfect solution for that.

And in the subsequent modules, we will have a framework of vision that you need to prepare the non-financial aspects to minimize the risk of having these issues after retirement.

Module 2 - Prepare to Re-Tire

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An attitude or feeling...

Of fear associated with lack of money

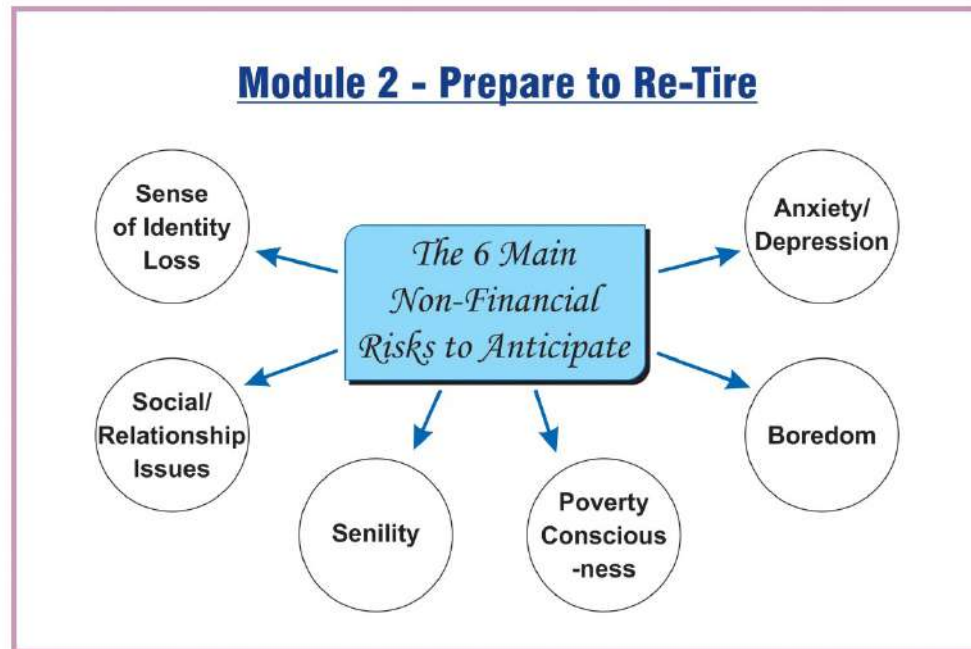
Constantly worry - not having enough

Paranoia state of heart and Mind

Poverty Consciousness

3) Poverty Consciousness

It's an attitude or feeling of fear associated with the lack of money. This is regardless of how much money you have in a bank or in your investment or how many material properties portfolio you have, to generate income for you. The fact is you don't feel you are getting a paycheck or not as high as what you were being paid. You suddenly feel yourself very poor although that might not be the case. You constantly worry about not having enough and you always have this paranoia of what is a state of heart and mind to say that you run out of money before you run out of life. So this is a very serious symptom because even very simple things like eating out or going to the movie once in a while make you a very scary prospect of spending money outside the house. It makes it very scary for you but it doesn't have to be that way of course. Its purpose is how there are ways to minimize or to reduce this kind of feeling of poverty consciousness. So you don't go out and enjoy life but always keep an eye on how your portfolio is doing.



It's very important to get engage into something that is very mentally stimulating at the retirement stage, because of poverty consciousness and the boredom, some retirees when they are bored they breaking up things so that they can fix it. Don't get into that kind of cycle because if people are not around you, you get very frustrated about that. So there are ways if you plan your retirement properly with the certain aspect that we are going to cover in subsequent modules as well, you absolutely can overcome the feeling of boredom in retirement. And last but not least is anxiety and depression; it could be due to any one of these things like a sense of identity loss or relationship issue with your family or poverty consciousness. It is a combination of factors that cause the result of being falling into a depression which is not the thing that you want it to happen to you at the stage of retirement.