

42. Celebrate your life

Enjoy your body and take care of your health. As they say, “If you don’t take care of your body, where are you going to live?” Enjoy your family, your friends, and the neighbors. Celebrate with others as they achieve the milestones in their lives. Plan for the kinds of celebrations you want in your life. Enjoy Nature, walk in the park and pause to watch the children flying kites on a breezy day. Every activity can bring pleasure into your life. Visit a modern art gallery with a friend, share a restaurant that specializes in food you have never tried and let others know that you are the one who is always pleasant, kind and able to see the positive side in every situation.

Eric is a retired lawyer. His working life was demanding and stressful as he fought to keep abreast of the legal world and to compete with the many brilliant minds he encountered.

Eric retains his mental and physical energy, but now he gives himself permission to enjoy life to the maximum. He thrives on wildlife adventure, and has been on an African safari, hiked the mountains of Tibet, and right now he is in Alaska driving a sled in the dogsled races! There is nothing he doesn’t consider doing—and the harder and more exacting the effort the more he enjoys the challenge! For him, living life to the maximum is meeting as many physically and mentally challenging adventures as he can find!

ASK YOURSELF

Can you give yourself permission to live your life to the maximum? Yes/No

If yes, can you describe what the maximum would be for:

Your body

Excerpt from *Create your Retirement: 55 Valuable Ways to Empower the Rest of your Life*
By Barbara M. Walker, <http://bmwalker.com/>

Your health

Your family

Your friends

Other areas of your life

Where else do you need to give yourself permission to live your new retirement life to the maximum?

You can order the book at: <http://bookstore.trafford.com/Products/SKU-000141965/Create-Your-Retirement.aspx>