

Resilient Retirees: Retiring Happy by Earning A Little Walking Around Money

My first crack at retirement wasn't very successful; I turned it around by learning from others who were happy in their retirement. I noticed that happy retirees seemed to follow similar patterns I call the 5Fs (Fun, For others, Fit, Flow, Financial) of a happy retirement.

This column I will focus on Financial, the fifth F of a Happy Retirement.

My Father-in law has an endearing ritual. At the end of our family visits he'll reach into his pocket and hand my boys some money. "Here, take this, everybody needs a little walking around money."

My boys have found that walking around money remains important to them as they get older. I have news for them, it will be important in their retirement as well.

Why is walking around money important in retirement?

We have worked hard for many years and want to enjoy the fruits of our labor. We would like a little walking around money so that we can splurge a bit or as my father -in law does, throw a little fun money at the Grandkids, without feeling like we are putting ourselves at risk financially.

I find it comforting to earn a little walking around money so that I do not have to tap into my nest egg. There are also some other important benefits that meaningful work during retirement offers us.

- We can be selective, we don't have to have a job just to have a job.
- It gives us proof that we are still valuable.
- We have much to offer as we accumulated a lot of knowledge.
- We are relatively cheap hires, we bring a lot of experience for a little pay.

- Work expands our social network and replaces those things that we miss from our previous career.
- Work lets us stay connected, current and relevant.
- Working allows us to continue to set and reach goals.

Rita Tilton is earning a little walking around money. Early in her retirement she found that she missed some things from her previous career.

She missed

- A schedule
- Being away from others
- Creative challenges
- Her professional identity



A retired school counselor, she is taking a little bit of the past with her as she enters new endeavors by parlaying her experience as a school counselor into a part time higher education job. Her knowledge was welcomed in a program that trains school counselors. She was able to replace some of the things that she missed from her previous career; she is also earning a little walking around money.

Rita is part of a growing trend among the newly retired, working part-time.

Part-time work allows the newly retired to work fewer hours and still have the flexibility to travel and spend more time with family. Are you ready to follow this trend and earn a little walking around money?

Sometimes we get a little stuck on what we did in the past. Sites like AARP www.aarp.org/ & www.retirementjobs.com can get us out of the rut. They list some great retirement jobs.

If you work part-time, do it with the knowledge that you are increasing your retirement satisfaction.

Good luck in your path to retirement happiness. Keep the 5 Fs (Fit, Fun, For others, Financial, Flow) in mind as you create the retirement you deserve.

Dr Tim Conrad is the founder of Resilient Resources LLC and the author of Retire Happy: How to Remain Relevant Reputable and Resilient. He can be reached at drtim@resilientresourcesllc.com