
How To Retire Happy Wild and Free - Ernie J. Zelinski

Questions to ask yourself when figuring out what to do:

- What is extremely important to me?
- What makes me happy?
- What made me happy in my childhood and my teens that I would like to do again?
- What made me happy in my career that I would like to continue doing?
- What would make me a much happier person? Having a lot more money or becoming famous can't be one of them.
- What talents or skills am I most proud of?
- What fields or endeavor invariably challenges me in new and exciting ways?
- What makes me feel most creative?
- What special talent have I neglected while putting in long and hard hours in my career?
- What would I like to do that I have always wanted to do, but never got around to doing?
- How would I like to make the world a better place in my own way?
- What sort of legacy would I like to leave?

"Whistle While You work: Heeding Your Life's Calling" by Richard J. Leider and David A. Shapiro

1. What gift do I naturally give to others?
2. What gift do I most enjoy giving to others?
3. What gift have I most often given to others?

Finding What To Do:

- Activities that turn you on now
- Activities that have turned you on in the past (but you have stopped doing)
- New activities you have thought of doing (but haven't done yet)

Three important needs

1. Structure
2. Community
3. Purpose

Questions to ask yourself annually:

- Am I in control of my lifestyle?
- Do I make the most of my money to give me the best quality of life?
- What can I achieve in my retirement that would make me proud?
- What can I do that is unique?
- Do I have enough great friend in my life?
- Do I devote sufficient time to see my close friends?
- Do I watch too much TV?
- Does my lifestyle complement my partner's?
- Do I travel as much as I would like?
- Do my time commitments allow me to make a contribution to making this world a better place?
- Do my time commitments allow me to indulge in creative endeavors?
- Am I developing spiritually as a human being?
- Do I exercise enough, in my own enjoyable way?
- Do I complain too much?
- Am I as grateful as I should be for what I have in my life?
- Am I continually learning something new?
- Do I do something special for myself each and every day?
- Do I take enough time to meditate and keep my mind in tiptop shape?
- Am I living in the right country or in the right part of the country?
- What will make me feel better?
- Do I have everything I need to be happy, but don't realize it?

Experiencing leisure activities to the fullest:

- A feeling of freedom
- Total absorption in the activity at hand

- Lack of focus on self
- Enhanced perceptions of objects and events
- Little awareness of the passage of time
- Increased sensitivity to body sensations
- Increased sensitivity to emotions

Six important suggestions:

- Take the time to find out what you really want to do with your life
- Take more risks
- Lighten up and don't take life so seriously
- Be more patient
- It's best to suffer from the Peter-Pan syndrome. Relive your younger days. What were your dreams when you were young?
- Live the moment more

Do the simple things that are important for your happiness:

- Spend time with the people and things you like
- Strive for personal freedom
- Don't lose touch with the craziness within yourself
- Freedom entails non-attachment to what others can not do without
- Show gratitude for what you have on a daily basis
- Resist accepting society's ways of living as the right one
- Try to reconnect with your childhood tendencies
- Keep in mind that happiness is a mode of travel and not the destination
- Involve yourself in something that is vital and purposeful
- Get a focused, satisfying, balanced life
- Make small pleasures your biggest priority
- Laugh and have fun regardless of the situation
- Make your stay on earth as close to a heavenly experience as it can be