Women, Wealth, and Wisdom: *The New Retirementality*

Chapter 1: A Short History of Retirement
Questions to Ponder:

1. How does your lifespan factor in when thinking about the purpose and expectations of your retirement?
2. Thinking about the "retirement cliff" metaphor compared with the bell curve model, which one do you plan for and why?

Chapter 2: Removing Artificial Finish Lines
Questions to Ponder:

1. What does it mean to say that retirement is an "unnatural condition"? Do you agree or disagree?
2. Henry Ford suggested that aging begins when learning stops. What do you think about that statement?

Chapter 3: No Longer One and Done
Questions to Ponder:

1. Why do you think habitual savers often struggle to enjoy their money once they retire?
2. What does "knowledge transfer" look like in your profession, and how could it be improved?

Chapter 4: The new IRA: Individual Retirement Attitude
Questions to Ponder:

1. Based on your family, DNA and your personal health habits/lifestyle, what is your best estimate for longevity?
2. How might your personal estimate of longevity influence your retirement decisions?

Chapter 5: Boredom Isn't on Anyone's Bucket List
Questions to Ponder:

1. Why do you think humans are poorly suited for lives centered on leisure?
2. What do you think about Shakespeare's metaphor about leisure as "a beautiful garment for a day but a horrible choice for permanent attire"?

Chapter 6: A New Mind-Set: Retire on Purpose
Questions to Ponder:

1. How does a strong sense of purpose influence your physical and mental health?
2. What kinds of new things might you try in your later years to stay mentally sharp?

Chapter 7: Money is Only Part of the Equation
Questions to Ponder:

1. When I say "retirement planning," what's the first thing that comes to your mind?
2. What are you going to do in retirement? How will you spend the 168 hours that make up each week?

Chapter 8: The Retirement That Works
Questions to Ponder:

1. How do you define meaningful work?
2. What advantages might come from delaying retirement, aside from financial ones?

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Chapter 9: Extending Your Stay by Staying on the Edge
Questions to Ponder:

1. How do you evaluate when you're playing life too safe?
2. If you were to teach a class in retirement, what would it be?

Chapter 10: Super-Septs: How 70 Became the New 50
Questions to Ponder:

1. Have you ever noticed the effect pessimistic or cynical people have on your well-being?
2. Do you practice any daily habits that may help slow physical or cognitive decline?

Chapter 11: Redefining You: What's Your Retirementality?
Questions to Ponder:

1. Complete the "My Retirementality Profile" on page 112 and then graph the results on page 113. Did your responses surprise you?
2. What about your current "Retirementality" has changed over time?

Chapter 12: Redefining Rich: Bridging the Gap between Means and Meaning
Questions to Ponder:

1. What are you saving (or holding onto) money for?
2. What does it mean to be "rich" in a non-financial sense?

Chapter 13: Maslow Meets Retirement
Questions to Ponder:

1. Why do think so many people fear running out of money more than death?
2. Think about the five types of income found on pages 138-139 (Survival, Safety, Freedom, Gift, Dream). How can you use this hierarchy of income needs to guide financial planning?

Chapter 14: Advice from Retirementors
Questions to Ponder:

1. How will you know when you are really ready to retire?
2. What experiences or mentors have shaped your view of retirement?
3. What would you want your future self to tell you about timing retirement?

Chapter 15: From Aging to S-Aging
Questions to Ponder:

1. How old will you be when you really become old?
2. What does "successful aging" mean in your life context?

Chapter 16: Don't Go It Alone
Questions to Ponder:

1. What qualities define a "trusted" advisor?
2. What factors should individuals consider when deciding whether to manage their retirement finances on their own or seek professional guidance?