



# AdultMentor.com POLL

## Retirement

- LOOKING BACK, the best years are behind me.
- WORK ORIENTED, work is really where it is.
- STANDARDIZED, I followed the family pattern.
- BASICALLY, LIFE IS OVER, it's downhill from here.
- OUTER DIRECTED, I'll keep doing what I've always done. It's what my friends do.

## Protirement

- LOOKING FORWARD, there may be even better years ahead.
- LIFE ORIENTED, work is important but there is more to life.
- INDIVIDUAL DESIGN, I can invent my life and it can be what I want.
- NEW LIFE AHEAD, there are more options and abundance than ever.
- INNER DIRECTED, my direction comes from within me.

Do your total points show that you're currently headed toward retirement or protirement? If it's retirement, you're not alone. Many people, including myself, have seen themselves heading toward the road to the Third Quarter of Life with resignation.

Have You Outgrown Your Life? "Is That All There Is?" is the title of the famous song sung by Peggy Lee. Is that your question also? Often we have outmoded concepts of living and aging that don't fit with the potential abundance available in the Third Quarter of Life. Our life maps no longer fit and we get "stuck" by keeping "busy."

As a Professional Certified Coach and adult mentor, I can help you find your potential as you head toward protirement. Protirement is life-oriented rather than work-oriented. In protirement, we move into the future, building a new chapter of life by design with energy and passion. It is filled with the potential for new fulfillment. Participants will start to make protirement plans for their future.

