# Coaching Tip: Retirement?-Making a Difference by Loving What I Do

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| **Author** | Isabel Einzig |
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*"In doing something, do it with love or never do it at all.*"- Mahatma Gandhi So you are thinking about retiring or perhaps changing careers.  Now it is time to do what you feel passionate about. Passion is the feeling you have that gets you excited.  You can value education: You can be passionate about teaching.  You can value health: You can be passionate about exercise.  "Connect your values with your passion." In doing this , you will be clearer on what you can do, with the expertise you have, to move into a new career or volunteer work that can make a difference in your life and the lives of others that will contribute to your legacy. Activity:

* Make a list of what you value.
* Connect that list to a list of what you feel passionate about.
* **What** do you visualize yourself doing?
* **Who** can benefit from what you do?
* **How** can your expertise benefit someone or something?
* **Where** will you look for information?
* **Who** can you engage in conversation to pursue your vision?
* **When** can you start?

This is just the beginning of a wonderful exploration to get you to a new level of happiness and fulfillment.  After all: You deserve it! I look forward to hearing about this pursuit of fulfillment and am available to explore with you.

### Email me at: [isabel@uniquepathways.com](mailto:isabel@uniquepathways.com)