

Volume 1  
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## Inspiration Corner

“Sometimes I think change is a good thing. Although it may be terrifying to get out of your comfort zone, it's also very exciting to start a new chapter in your life.”

—Katie Couric

## Readers' Corner

“So good to see your newsletter—I really like the approach and the focus, and wish to say ‘Good for you!’”

—Richard Russey,  
Consultant

“This is wonderful!  
Great work!”  
—Delora Shedrick,  
Westover Consultants

Readers: What are your thoughts? This section of the newsletter belongs to you. Surprise us with your commentary, feedback, questions, and insights.

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# Reflections

## Inspiring Messages From Today's Leaders

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### Retirement: Now It's Your Time

We spend our lives retiring from one activity to move to another. We retire from kindergarten for first grade. We retire from parenting day-to-day to having adult children living elsewhere. We retire from one position, Deputy Director of Such and Such, to another job as Director of Whatchamacallit. The workplace for most of us involves a schedule and a structure: our boss, our subordinates, and others' expectations. We do this for pay, personal satisfaction, and the idea “that's the way it is.” We expect to work, earn a paycheck, and have a career.

Gradually, the paycheck becomes less important because of retirement pay and other investments. The awareness grows that life's clock is ticking. We have 20 years left (if we are lucky), not 60 or 50 or 40. And we read a book, *My Time: Making the Most of the Rest of Your Life* by Abigail Trafford. “What do you want to do with the rest of your life?” she asks.

I had a gradual transition from what I was expected to do to what I wanted to do: Take each day, one at a time. Now, I do not commit to long-term

projects. I am fortunate to have an easygoing spouse with whom I like to pal around. So, instead of work, we play. I enjoy gardening, maintaining my home, and traveling when the budget permits. Equally important, I enjoy playing tennis, running, swimming, and biking. One day, those may become more difficult, but I enjoy them now.

Does the “responsibility to make a contribution to society” make me feel guilty? No. I am a responsible citizen, but at this point in my life it is time to spend the 24 hours in each day on what interests me. Selfish? Yes. Self-satisfying? Yes. Is this the path for you? Maybe. Let me know. Best wishes and every hope that you don't drop dead before you can live: “Now, it is my time.”



John Noble retired in 2007 after serving 12 years as the Director of the National Clearinghouse for Alcohol and Drug Information. He held several executive positions in the National Institute for Alcohol Abuse and Alcoholism, after serving in the Department of Health Education and Welfare's Comptrollers Office and Medicaid and Medicare programs. He began his federal career as a Social Security Administration management intern. His work history began as a babysitter at age 12, busboy at age 14, and newspaper boy at age 16. During and after college, his varied jobs included waiter, construction worker, sheepherder, operating room orderly, community development outreach worker, and newspaper reporter and photographer.

### Sponsors' Comments

Our author addresses the notion of “retirement” because a number of our readers have expressed interest in this topic. The message from retired executive John Noble is both poignant and funny. He gives an honest, humorous, and straightforward view of his life after retirement in 2007. We hope that you will receive some wisdom from his discoveries for your “next life.” Consider retirement as John does: a bend in the road with many new experiences ahead or the possibility of many more “exhale” moments. Retirement is a time of anticipation and reflection, a time to try new things and to have time for what you always wanted to do.

Remember, the retirement transition is an opportunity. Successfully planning your “next life” is part of the process. When you are ready, Transformative Discovery and Next Career Solutions can help. We offer specially priced transition planning and preparation services for our valued readers. Just mention the phrase “transition preparation” to receive the readers' discount. Contact us at 410-757-6621 or 410-833-5607 for details.

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