

Retirees with a vision for their future, goals, and a plan are more likely to have a happy, successful, fulfilling retirement. The following is an excerpt of a retirement vision from *Your Retirement Quest* and can represent your future based on your understanding of the *10 Secrets for Creating and Living a Fulfilling Retirement* that are revealed and discussed throughout the book.

ENVISION YOUR RETIREMENT QUEST

Envision a time in your life when you have the freedom to choose what to do, when to do it, and who you want to do it with. It is a time in your life when you are full of energy and contented at the same time. Your life is full of close relationships with family and friends; you are contributing your time and resources to helping others; your days, weeks, months, and years are filled with activities that you love, that help you grow, and that are just plain fun. You awaken each day with a positive attitude about life and are clear about your life's purpose and your personal values. You have the resources and general well-being to live the life that makes you happy and can foresee living it well into your future. You take advantage of new-found opportunities and you deal well with life's inevitable setbacks, because you are resilient and have a plan that helps guide you through them.

That time in your life can and should be in front of you. Whether you are looking forward to retirement or have already retired, your future can and should be full and fulfilling—it is well worth the quest.