



Self-Coaching Workbook

Create a Retirement that is Uniquely Yours!



We're here to help. This self-coaching workbook includes a 30-minute complimentary coaching consultation.

Call Boomerangs at 914-447-2745 to schedule your session.

Individuals and Couples

This workbook is filled with powerful activities to guide individuals and couples to a retirement vision. With commitment to the process that intention is met with joy and fulfillment in retirement.

Small Groups

The workbook serves as a guide for like-minded people to discuss and share results to the activities. The group provides support to each of its members in the discovery of a unique retirement.

Organizations and Financial Advisors

Use this workbook to help employees and clients be intentional about retirement life planning as they transition from career.

By Mickie Schroeder and Jeffrey Jans

Jeffrey Jans and
BOOMERangs Retirement Life Planning Self-Coaching Workbook



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People say, "I'll never retire!" What they mean is they'll never go wrong at something. The goal of Circle Back to Your Dreams training is to help you discover that which is certainly uniquely yours to become and do. Whether it is to keep making money and/or take action meaningful and significant, what that "something" is can be elusive. Whether you are a person, a couple or are section of a group of like-minded boomers, examine and do the actions in each portion of this coaching workbook and capture your responses on the webpages provided. Organizations and economic advisors will find this Retirement Life Setting up workbook the perfect tool for helping employees and clients end up being intentional about their retirement life planning because they transition from career. This is a process leading you to generate, discover, refine and apply a retirement that is right for you personally.com to timetable your session. The result is a "pension" where every day you are engaged in something meaningful and significant for you. This 72 web page, Self-Coaching Retirement Setting up Workbook is filled with 22 activities designed to guideline you through the process of circling back to your dreams and developing a retirement life that is uniquely yours. Thousands of people have effectively retired in the past and did so minus the good thing about coaching (either with an actual trainer or from a workbook). When your "yeah, but" gets in the right path, your accountability partner helps to keep you centered on your original wish and keeps your fire lit! BOOMERangs Circle Back to Your Dreams will not prescribe just what a successful retirement is. Much more than income needs to be replaced whenever a person retires. For all those with only vague ideas of spending time with grandchildren, golfing, or traveling the retirement "honeymoon" can easily evaporate into boredom and depression. There are 4 sections to the workbook. 1.Introduction: The Shift to Pension 2.Break from Profession or Profession 3.Have a Productive Pause 4.Make a Fresh Start Within each section are activities that, when totally completed, can lead to a direction or intention for your pension and options for you to fulfill that self-chosen purpose. Go to www.BoomRang.com. Actually? Why, if it's that simple, are workbooks and training necessary? If you have the discipline combined with imagination, dedication and skill to ask yourself the proper, hard questions, it could not be needed. Or create a band of like-minded individuals going through the same procedure as you. So to find the best outcomes, we recommend you talk about your learnings and revelations from these actions with a trainer or accountability partner such as a spouse, friend, family members or colleague. A lot of people don't have all of these traits. Your accountability partner(s) will help you to convert dreams into truth. Millions more have struggled. As a result, we encourage you to obtain as intentional about your Pension Life when you are about finances! With the buy of the workbook, Jeffery Jans or Mickie Schroeder provides a 30-minute complimentary coaching consultation. Four easy steps to a rewarding pension!BOOMERangsRetirementCoach. Circle Back again to Your Dreams is usually a retirement coaching process which enables you to "let go" of your career or profession, reconnect with or determine your existence's purpose, and discover the method or vehicle that may fulfill that purpose.



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I've the hard cover version because I wanted to fill out the exercises, however in any case the procedure in the book Functions! Fill your soul, not just your time! It really is a great assist in identifying retirement activities to fill up your soul, not only your time!



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