



Beyond the Job: Finding Identity and Purpose in Retirement

Your job may be part of who you are, but it's not all that you are.

After years of working, your career can become closely connected to your identity, routine and sense of accomplishment. Retirement creates an opportunity to rediscover other parts of yourself and explore new ways to find meaning, purpose and fulfillment.

What gives you **purpose**?

Purpose looks different for everyone. Retirement can give you more time to invest in the people, interests and activities that matter most to you.

Consider what you might enjoy:

- **Learning** something new or developing a skill
- **Rediscovering** former hobbies and interests
- **Connecting** with family and friends
- **Volunteering** for a cause that matters to you
- **Mentoring** or sharing knowledge you've gained
- **Creating** new experiences to look forward to

Meaningful activities, including hobbies, volunteering and time with others, can provide a sense of purpose and support wellbeing as we age.

Think Beyond Your Job Title

- What parts of myself would I like to explore more?
- What makes me feel useful or accomplished?
- What have I always wanted more time to do?
- What people or causes matter most to me?
- What would make this next chapter feel meaningful?

Start before you retire. You don't have to wait until your last day to discover what's next. Try a new activity, reconnect with an old interest, volunteer or make more time for the people and experiences that matter to you.

Your Next Chapter is **Yours to Create**

Retirement isn't only about stepping away from a job. It can be an opportunity to make room for other parts of who you are and discover new sources of purpose, connection and fulfillment. The EAP can help you explore what's next. Connect with an EAP professional for free support as you navigate change, set personal goals and prepare for your next chapter.