



Don't Just Prepare to Retire. **Prepare to Live Well.**

Retirement may be years away, but the life you want later can start taking shape today.

Preparing for retirement isn't only something to think about as your last day approaches. The relationships, interests, healthy habits and sense of purpose you develop throughout your working years can help create a more fulfilling next chapter.

Start building the life you want now

You don't need a retirement date to begin preparing. Consider what you can strengthen today:

- **Explore your interests.** Make time for hobbies and activities you enjoy outside of work.
- **Invest in relationships.** Nurture friendships, family connections and relationships now.
- **Take care of your health.** Build sustainable habits that support your wellbeing.
- **Stay connected.** Get involved with your community through activities you enjoy.
- **Discover what gives you purpose.** Explore what makes you feel useful, engaged and fulfilled.
- **Keep growing.** Try new experiences and stay curious about what interests you.

Think about your future self

- What do I want more time for someday?
- Who do I want to be part of my life?
- What interests would I like to develop now?
- What helps me feel healthy, connected and fulfilled?
- What can I start today that my future self will thank me for?

Don't wait for retirement to build a life you enjoy.

The things that can make retirement fulfilling can make life better now, too. Find time for relationships, interests, and experiences that matter to you.

Start your next chapter before it begins. You don't have to wait for retirement to prepare for the life you want. EAP can help you live well today while preparing for what's next.