

Retirement 30 day strategy

Making the most of retirement without isolation

DAY 1

Take a proper pause. No pressure just enjoy the silence

DAY 2

Reconnect with someone outside your work circle

DAY 3

Get outside. Go for a walk, cycle or spend time in the garden

DAY 4

Plan a meal from scratch, something you didn't previously have time for

DAY 5

Revisit a hobby you used to enjoy

DAY 6

Do something useful, help someone or tick something off your list

DAY 7

Look online for local community groups or clubs you are interested in

DAY 8

Visit somewhere local you've never really properly explored

DAY 9

Revisit the garage/shed. What could you do to improve the space

DAY 10

Use local transport (free) and have an adventure

DAY 11

Find a Yoga/Pilates class on Youtube. Have a go!

DAY 12

Make a list of things you want to achieve, celebrate ones you complete

DAY 13

Think about how you could pass on your skills to others or mentor

DAY 14

Think about keeping busy, charities are always after volunteers

DAY 15

Go watch your local team play a game

DAY 16

Commit your time to something meaningful

DAY 17

Learn a new language or read a book

DAY 18

Make yourself laugh. Watch a clip of something daft

DAY 19

Try a morning class, go swimming, try the gym

DAY 20

Say yes to something small you would normally decline

DAY 21

Stimulate the brain with a puzzle, crossword or Rubik's cube

DAY 22

Compliment a stranger or someone you do not usually speak to

DAY 23

Try a sea dip! Look online for what is going on in your area

DAY 24

Make a proper "pot" of tea or coffee and actually sit down to enjoy it

DAY 25

Take a small step towards an important goal

DAY 26

Walk somewhere you would normally drive, even if it is just part of the journey

DAY 27

Make plans to meet up with old colleagues for a coffee

DAY 28

Buy or make a small gift for someone for no particular reason

DAY 29

Notice something good that happened today and share it with someone

DAY 30

Plan one thing to look forward to next week. It does not have to be big