



BOB CARLSON'S

Retirement Watch

SPOTLIGHT SERIES

What Tom Brady Taught Us About Retirement: Unintentional Lessons from a Superstar

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Classic Failed Retirement Plan

- **Sudden retirement announcement**
- **Then...**

“These past two months I’ve realized my place is still on the field and not in the stands. That time will come. But it’s not now. I love my teammates, and I love my supportive family. They make it all possible. I’m coming back for my 23rd season in Tampa. Unfinished business LFG”



Financial Security \neq Successful Retirement

- **Wealthiest retirees not the happiest**
- **Money improves satisfaction only to a point**
- **Then, nonfinancial factors are key**
- **Retirement is stressful**



Brady's Insights

- **Purpose**
- **Place/standing/position**
- **Activities**
- **Social contacts**
- **Planning/timing**



Relationships Are Key

- **Best indicator of health**
- **Multiple relationships are good**
- **Close relationships are best**
- **Value of work relationships underestimated**
- **Need a plan to replace relationships**



Retirement Affects Spouse

- **Most couples don't coordinate**
- **Changes cause conflict, stress**
- **Expectations differ, aren't discussed**
- **One spouse depends on the other**
- **Gray divorce on the rise**
- **Happy marriage improves health, reduces mood swings**



Retirement Marriage Tips

- **Manage, discuss expectations**
- **Some separate interests, relationships**
- **Separate parts of home**
- **Know obstacles are normal**
- **Don't let issues fester**



Purpose, Identity, Curiosity

- Establish purpose beyond work
- More than one purpose is best
- Daily routines are helpful
- Establish a new identity
- Putting family, loved ones first can be important
- Charitable, volunteer, faith activities



Six Keys to Retirement Success

- **Create identity outside work, activities**
- **Establish daily meaning, purpose**
- **Stay connected**
- **Be active, mentally and physically**
- **Spiritual beliefs**
- **Financial security, guaranteed income**



Have Two Plans

- **Sudden retirement rarely good**
- **Have a financial plan**
- **Have a non-financial plan**
- **Monitor, revise plans regularly**



Plan for Success

- **Draft your non-financial retirement plan**
- **Practice retirement**
- **Coordinate with spouse**
- **Explore new interests**
- **Retirement is work, a process**



Sources to Consider

- ***Spotlight Series*, May 2022 episode**
- **George Vaillant, *Aging Well***
- **Robert Waldinger, TED Talk: *What Makes a Good Life***
- **Dan Buettner, *The Blue Zones*, other books**
- **Wes Moss, *What the Happiest Retirees Know***
- **Becca Levy, *Breaking the Age Code***