

# Fulfill Your Life

*(vs Fill Your Time)*



Ideas and Resources to help you prepare for the life transitions of retirement and loss.

In partnership with:



Government  
of Canada

Gouvernement  
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Kelowna  
Community  
Resources

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This booklet is designed to help adults, aged 55 and over, living in the Central Okanagan, transition into retirement or into life after loss of a loved one.

With every change there is a process of adaptation, or transition. Most of us have not planned for our lives after retirement or after a significant loss. These two transitions seem very different at first glance. However, once an individual is ready to move forward from a major life transition, the questions that are raised and the opportunities that can be explored are very similar.

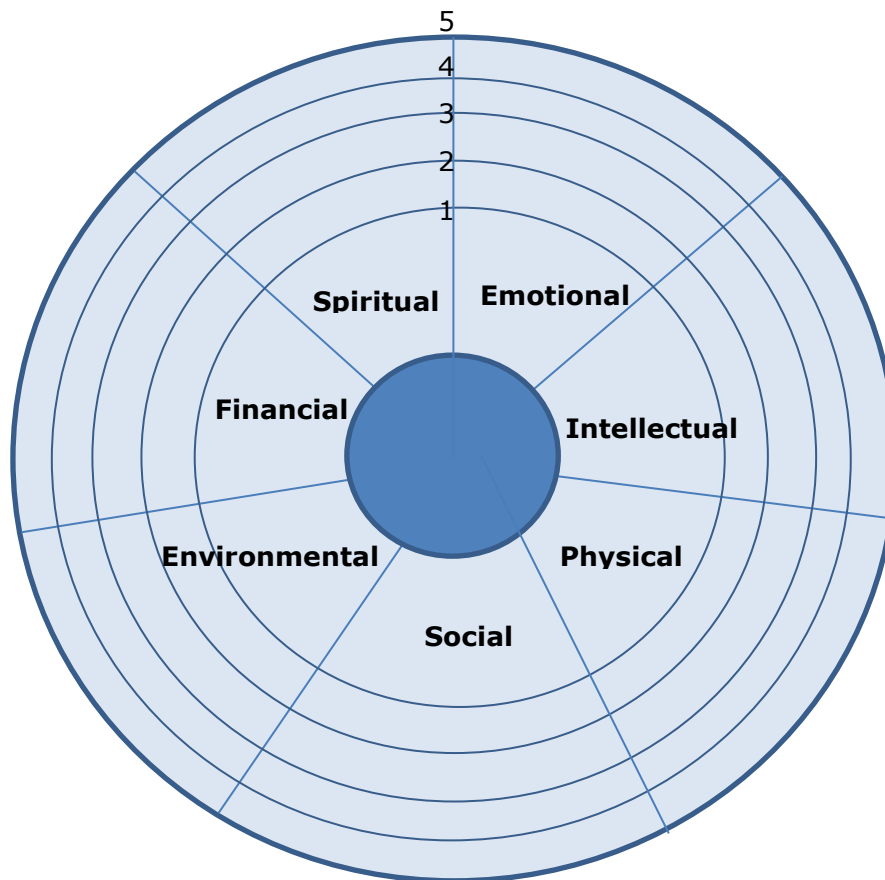
“How strange that the nature of life is change, yet the nature of human beings is to resist change. And how ironic that the difficult times we fear might ruin us are the very ones that can break us open and help us blossom into who we were meant to be.” — [Elizabeth Lesser, \*Broken Open: How Difficult Times Can Help Us Grow\*](#)

The tools in this booklet will help you define how you can best fulfill your life.

## Wellness Wheel:

Use the Wellness Wheel to assess how fulfilled you feel in these seven different areas of your life – 5 being completely fulfilled. Mark points along the concentric circles in each of the seven areas and join these points to see how 'smooth your ride' is.

For areas that you rated lower than a '4', what do you need to do to make this area more fulfilling?



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## **How do I want to FULFILL my time?**

Enjoy my home, yard, etc.?

Learn something new?

Spend more time with family and friends?

Develop my skills in particular sport or hobby?

Delve deeper into my creative abilities?

Meet new people?

Travel to new places, or back to places I love?

Help others or causes that I am passionate about?

Work part time?

What other things do I enjoy doing?

More routine or structure?  
Or more flexibility and spontaneity?

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## **Create Your Vision:**

What does my ideal day look like?

Use the space below, the questions on the previous page, and your creative instincts to create a picture of, or make a list of activities that make up, your ideal day.

## Celebrate Your Strengths

You have a lifetime of experience from raising a family, work, volunteerism, and involvement in your interests. Take a moment to reflect on your strengths and celebrate! Make note of strengths that are unique or important to you. Use the list below to help you get started.

**Communication:** reading ♦ writing ♦ talking ♦ listening ♦ questioning ♦ explaining ♦ resolving conflicts ♦ persuading ♦ teaching ♦ public speaking ♦ PR and Media Relations

**Leadership:** making decisions ♦ directing/supervising ♦ initiating ♦ planning ♦ organizing ♦ coaching ♦ strategic thinking ♦ creative thinking ♦ problem solving ♦ innovation ♦ stewardship

**Teamwork:** serving ♦ assisting ♦ cooperating ♦ facilitating ♦ advising/counselling ♦ supporting ♦ collaborating ♦ following ♦ helping

**Critical Thinking:** problem solving ♦ investigating/researching ♦ assessing ♦ analyzing ♦ synthesizing

**Numeracy:** counting ♦ calculating ♦ measuring ♦ estimating ♦ budgeting ♦ sorting ♦ filing ♦ scheduling ♦ classifying

**Problem-Solving:** assessing ♦ adapting ♦ collaborating ♦ visioning ♦ tracking trends ♦ researching

**Organizational:** managing information ♦ managing multiple responsibilities ♦ administering ♦ scheduling ♦ coordinating ♦ planning

**Technical:** computers ♦ databases ♦ operating equipment ♦ maintaining equipment ♦ constructing ♦ repairing ♦ building

**Self-Management:** assessing ♦ adapting ♦ risk taking ♦ managing time ♦ learning ♦ managing money ♦ being self-directed ♦ building relationships ♦ managing stress ♦ personal marketing

**Creativity:** creating/inventing ♦ designing ♦ improvising ♦ experimenting ♦ performing/entertaining ♦ drawing/painting/sculpting ♦ writing

**Fundraising:** fund development ♦ event management ♦ resource management ♦ financial planning ♦ handling cash ♦ donor relations

**Interpersonal:** client service ♦ team building ♦ collaboration ♦ coaching ♦ consultation ♦ network building ♦ cultural awareness/sensitivity

**Personal qualities:** sensitivity ♦ accountability ♦ empathy ♦ adaptability ♦ respect ♦ ethical framework ♦ continuous learning ♦ self-motivation ♦ flexibility ♦ passionate ♦ energetic ♦ friendly

**Other Strengths:** community knowledge ♦ non-profit experience ♦ specialized knowledge and experience ♦ personal connection to the cause

## Explore Your Strengths, Interests & Skills:

Often in our lives, whether we are too busy working or caring for others, we find it difficult to identify what it is we enjoy doing and how we could add more purpose to our lives.

The next time you are exploring the internet, search these websites to further explore your strengths, interests and skills:

The Riley Guide offers more information on online assessments and whether you will need to sign up or register to participate:

[www.rileyguide.com/assess.html](http://www.rileyguide.com/assess.html)

Find Your Holland Code:

<http://personality-testing.info/tests/RIASEC.php>

Values Questionnaire – helps you think about the values most important to you:

[http://integrativehealthpartners.org/downloads/Values\\_Questionnaire.pdf](http://integrativehealthpartners.org/downloads/Values_Questionnaire.pdf)

For a quick exploration of your interests and passions, take a few moments to answer the following questions:

- 1) What feels timeless when you do it?
- 2) What activity(ies) can you do over and over without ever growing tired of?
- 3) What makes your eyes light up when you talk about it?

What energizes you?



## Your Action Plan:

Taking into consideration your Wellness Wheel, your picture of your ideal day, and the answers to the questions on page 4, let's start to set out some goals.

SMART goals (Specific, Measurable, Achievable, Realistic and Timely), that are written down, are more likely to be achieved. Sharing your goals with others is another way to help ensure their success.

Short Term

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Long Term

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## Share Your Interests & Passions

When you volunteer, you make a meaningful impact in your community. Many people who volunteer find that it fulfills their life in ways that an occupation cannot.

“Remaining active and staying connected to the community can have a tremendous positive impact on a person’s social, physical and emotional well-being. Studies have found that older adults who volunteer have reduced stress-related illnesses and higher self-esteem and are less likely to feel isolated. Volunteering can also have a positive impact on lifestyle transitions in older adults as they retire, downsize their housing or deal with health issues.”  
Volunteer Canada, [www.volunteer.ca](http://www.volunteer.ca)

Below are a few reasons and benefits of sharing your skills, passions and experience.

### Share Your Expertise!

- Help with various projects – reception, database entry, graphic design, events, building projects, driving, serving meals, and more!

### Help newcomers adjust to Canada

- Learn about their culture, language and religion
- Give friendly advice about living/working here
- Practice speaking English in every day settings

### Travel Internationally

- Check out the many ways to donate money and / or time to many different types of projects and causes

### Expand your Social Network

- Volunteer with friends or make new ones
- Connect with those who share your spiritual beliefs

### **Help those who are alone or isolated**

- Seek opportunities to be a 'friendly visitor' or lead a coffee group at a local organization
- Help others get to medical appointments or out for grocery shopping

### **Fun with Family**

- Seek opportunities to volunteer with your loved ones – young and old

### **Stay Active**

- Volunteer in the areas of sport and recreation, or those that help you stay active in the hobbies you enjoy

### **Leadership Opportunities**

- Offer to work on strategic plans or budgets
- Volunteer as a board member or advisory committee member
- Supervise other volunteers or manage a program

### **Learn New Skills**

- Try your hand at something new
- Seek opportunities that help you learn the skills you are interested in

### **My reasons for volunteering:**

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## Volunteer Opportunities

Volunteers provide meaningful impact in countless non-profit organizations around the world.

The 2010 Canadian Survey of Giving, Volunteering and Participating reports that 13.3 million volunteers contributed 2.1 billion volunteer hours.

How do you find a volunteer opportunity that is right for you?

Kelowna Community Resources ([www.kcr.ca](http://www.kcr.ca)) hosts a database of community organizations and volunteer opportunities in the Central Okanagan.

- Click on Volunteer Opportunities to find opportunities that have been posted to the site.
- Create a Volunteer Profile and receive updates when volunteer opportunities arise that may be of interest to you.
- Click on Services, Programs & Organizations to find an organization you are interested in and contact them to get involved.

*All non-profits need volunteers, but not all non-profits post their opportunities – See this as an opportunity to create your own ideal volunteer opportunity!*

Volunteer Canada's [getinvolved.ca](http://getinvolved.ca) website also posts many volunteer opportunities including Virtual volunteer opportunities that can be done from anywhere in the world.

In addition to the kinds of volunteer opportunities that you would like to pursue, it is good to consider the type of commitment you would like to make.

Visit [www.getinvolved.ca](http://www.getinvolved.ca) to take the Volunteer Quiz.



The advertisement features a blue and orange gradient background. At the top left is the logo for 'VOLUNTEER BÉNÉVOLES CANADA'. At the top right, it says 'In partnership with Manulife Financial | For your future®'. The main text asks 'What Kind of Volunteer are you?' and 'Are you a Type A, Rookie or a Groupie volunteer?'. It encourages taking a quiz to discover one's inner volunteer and mentions that 'Getinvolved.ca will give you advice and volunteer opportunities.' Below this is the question 'What's Your VQ?' and a 'Get Started' button. The bottom of the ad shows a row of diverse hands raised in a field.

Transitioning through change can be hard work, and “heart work”. If you choose to volunteer to bring more fulfillment to your life, be patient with yourself and with the process. You may have to try a couple of different volunteer roles before you find the right fit for you.

## **Get involved!**

There are many ways to get involved in your community and FULFILL your life. More information about each of the organizations listed below, can be found on the KCR Community Information database at [www.kcr.ca](http://www.kcr.ca).

## **Join a Seniors' Centre!**

While you might not consider yourself a *senior*, there are many great recreational and social opportunities offered for those 55+.

- Branch 17 Senior Centre, *1353 Richter St., Kelowna*
- Branch 55 Senior Centre, *150D Gray Rd, Kelowna*
- Lake Country Senior Activity Society, *9832 Bottom Wood Lake Rd., Lake Country*
- Okanagan Mission Senior Center Society, *4398 Hobson Rd, Kelowna*
- Parkinson Activity Center/ Parkinson Senior Society, *1700 Parkinson Way, Kelowna*
- Peachland Senior Centre, *5672 Beach Ave., Peachland*
- Peachland Wellness Centre, *4426 5<sup>th</sup> St., Peachland*
- Rutland Senior Centre, *765 Dodd Rd., Kelowna*
- Westside Seniors' Centre, *3661 Old Okanagan Hwy, West Kelowna*

## **Join a Club!**

There are many local groups that help the community and each other in a variety of ways and provide social connection and comradery.

- Lions Clubs
- Rotary Clubs
- Kiwanis Clubs
- Probus Clubs
- Newcomers Club

## Expand your horizons!

There are so many opportunities to try something new.

- Okanagan Men's Sheds Association
- Society for Learning in Retirement
- Sage-ing Creative Ageing
- Recreation Guides (City of Kelowna, Active Living for the Older Adult, District of West Kelowna, District of Peachland, District of Lake Country)
- UBC Okanagan Campus – *free tuition for BC residents 65 years of age or older*
- Okanagan College Continuing Studies

Looking for more information about the local organizations mentioned in this workshop? Visit [www.kcr.ca](http://www.kcr.ca) and click on the Community Information Search button.

In the search field, type in the name of the organization, or a keyword, to find the information you are looking for.

*“Tell me, what is it you plan to do  
with your one wild and precious life?”*

*Mary Oliver, The Summer Day, from  
New and Selected Poems, 1992*

**Notes:**

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Partners:

