

Jeff's Blueprint

Drawing/painting/ photography
Fun

	Build	Working with hands; building or repairing	
Working with hands; building or repairing	Hand-Eye Coordination	Repair	Carpentry/electrical/ plumbing
Workmanship	Make decisions	Operate equipment	Drafting/work with blueprints
Activities requiring workmanship			

Rational	Excellence	Mastery
Precision-work	Responsible	Trustworthy
Persistent	Reliable	Accuracy
Persevering	Conscientious	Quality Control
Modest	Dependable	Detail
Activities that require exact precision		

Taking risks	Challenging problems	Logical
Trouble-shooting	Math	Solve mathematical problems
Analyze information to reach new conclusions	Science	Complexity
Invent new products/ services	Conduct experiments	
Independence	Experimentation	
Process; enjoy mental challenges that require a high level of complexity, and new ways of solving them.		
		Jeff's Result's R=12, I=12, A=2, S=1, E=4, C=8

Key
 Yellow-**Realistic** (People who like to use hands/are physical)
 Orange-**Investigative** (People who like ideas-inquiry/scientific)
 Pink-**Artistic** (People who are creative/unstructured)
 Purple-**Social** (People who like interacting with people helping/teaching)
 Blue-**Enterprising** (People who like influencing people selling/managing)
 Green-**Conventional** (People who like data/organization/follow-through)
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As my husband was thinking about retirement, we talked about having a plan and an idea about how he would fill his days. He thought this was something best left to explore when he had actually retired.

I told him, the best time to start life planning for retirement is before you retire. If you're used to the structure of going to a job, filling twenty-four hours a day, seven days a week, fifty-two weeks a year can quickly become overwhelming. For many, lethargy and depression sets in and meaningful activities become harder to discover. Once you are no longer going to work your routine can come to a crashing halt. This can be the end of your social network, the end of your familiar routine and many experience a loss of identity. I explained that a third of retirees die within three years of retiring. One factor that may contribute to this number is that many don't know what to do with their time in a meaningful way. The more a person identifies with their work, the more difficult the transition to retirement can be. Without a daily structure, support network, hobbies or outside interests and responsibilities to focus on, the dramatic change in lifestyle can be quite stressful

Within two months of our discussion, Jeff had a new project. He decided to build an experimental aircraft. Actually, as I write this, it's being constructed in our garage.

We took a look at his VISTa Cards after he was fully engaged in his new project. As we discussed his project in relation to his VISTa cards, it was interesting to see how he was meeting every one of his VISTa VALUES by building an experimental airplane. Building a plane is an I-Complex and I-Challenging Problem that requires a certain level of E-Risk-Taking. It also requires E-Excellence and E-Mastery. Building a plane allows him to use his R-Workmanship, but also allows for an element of I-Experimentation. Ultimately, the success* of the plane, and his life, depends on his ability to attend to C-Detail and C-Accuracy.

Some of our friends have voiced concern about flying a plane he has built, citing the numerous celebrities who have died in air accidents. I respond by explaining how fulfilled he is by the project. His Touchstones are: 1) using hands/tools that require 2) extreme precision/detail, but also 3) complex thought processing, challenges to be solved. Building the plane allows him to express his Touchstones to his fullest capacity.

Jeff has found a way to express his passions and talents in a way that is challenging and rewarding to him. He is looking forward to retirement as a way to continue in this vein. Building a plane is a dream he's had for many years. As he gets closer to retirement, he is hoping to explore other areas in which to become engaged. He is interested in alternative forms of energy and may find a way to get involved in that.

Humans need to be engaged in activities that are mentality stimulating and challenging. Out of necessity, work often means earning a living. If work is redefined as the activity you were born to do, then retirement may be the only opportunity some people will have to fulfill their vision for their lives. Too many people never take the opportunity.

Many of us feel we have just fallen into our occupations or just got lucky when looking for a job. While financial remuneration is usually fifth or sixth in job satisfaction criteria, most people look at work as a way of earning a living. For many, retirement can be an opportunity to reconnect to hidden passions or an unfulfilled purpose. If you are reading this then I can only hope that you will follow through with what is best for you. VISTa provides the information necessary for you to identify who you really are so that you can find the path that is right for you.