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LIFE | Finding Purpose in Retirement

Katie Securher: When we talk about retirement, we often focus on the financial side, how much you've saved or when you can afford to stop working, but there's another piece that's just as important. What are you retiring to?

For some people, purpose comes from spending more time with family. Others find it in volunteering. Mentoring or pursuing a passion project they've put off for years, and for many, it's a mix of things. Slower mornings, deeper relationships, and more space to reflect on what matters most. The transition can feel freeing, but it's also a little disorienting.

That's normal as you get closer to retirement. This is a great time to ask yourself some big questions. What do you value most? What kind of impact do you want to have and how do you want to spend your days? Research shows that having a strong sense of purpose can reduce mortality risk, increase your activity level, protect your cognitive function.

And reduce your rate of aging. At CAPTRUST, we believe retirement planning isn't just about numbers. It's about aligning your money with your purpose. So whether your next chapter includes travel, service, creativity, or something completely new, we're here to help you shape it with confidence.

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