

Hi, my name is McKenna.

I am the receptionist here at Journey Financial.

I have been working here for a little over seven months
and I am originally from South Jordan, Utah.

What brought me to Idaho is my husband
who is originally from Sugar City.

We are now currently living in Rexburg
and I graduated from Utah Valley University
with a bachelor's degree in personal financial planning
and an associate's degree in business management.

And I am working towards becoming an advisor here
at Journey Financial.

And I'm excited to talk
to you guys today about building retirement bucket list.

This is such a fun topic because it doesn't matter what age
or stage of life you're at or if you've created one
or if you have not even started your bucket list,
it's just fun 'cause you can jump in at any point in time.

I first wanted to discuss what retirement looks like
specifically for you and those around you, whether that be,
whether that looks like for you financially, mentally,
spiritually, health wise or within your relationships.

And basically you want to start looking at

what your life is now

and see if that's

what you want your retirement to look like.

Especially with your relationships.

It's good to be on the same page with your spouse

or partner to be able to gauge kind of

what retirement looks like for you

and what retirement looks like for them.

For example, I have a mother

and father-in-law who are both retired

and my mother-in-law just wants to sit, sit at home, kind

of enjoy reading her book, hanging out with the grandkids.

And my father-in-law wants to go on trips,

wants to go on hikes.

He got so bored he built a chicken coop

and he doesn't even have chickens

and so he just likes to do things and she doesn't.

They do find a compromise.

So it is just good to bring up

and see what retirement looks like for both of you together.

Then I wanted to briefly go over the stages of retirement.

You have the go-go slogo and no-go stages.

I like to think of this as an analogy

as you're going on a road trip.

The go-go stage is where you are excited,
you're all packed up, you have a full tank
of gas, you're ready to go.

And that might include those more
activities that require more time, more energy,
which would be going skydiving
or going on an African safari.

And those do take a lot of time to plan and get ready for.

And then the slow go stage is more of the pit stops
or the scenic grass that you may take, which may include
you go on cruises, you may start a new hobby
or you start a business that you've always wanted to do
but you're kind of taking it at your own pace
and that's kind of your pit stops for you.

And then you have the no go stage, which is where you
have reached your final destination.

You are ready to just sit there and relax.

And those activities may include reading your book
that you've always wanted to read
or having family dinner nights, starting a tradition
but it's all within your home.

And maybe starting a home project, it's something

that doesn't require a lot of time.

Home projects do, but it's something

that doesn't require a lot of energy and going places.

So why even build a retirement bucket list?

There's multiple reasons why you would wanna build a retirement bucket list.

It helps give you direction and purpose.

It gives you more of a clear understanding of what you want and what you want to accomplish.

And it also prepares that clean slate for you to start your own roadmap.

It also turns your dreams into actionable items

because who doesn't want to finally

achieve what they've always wanted to do, right?

And so by doing,

by turning those dreams into actionable plans, it helps you

take a look at what you really want to achieve

and be able to jump on it

and create that action towards it.

And of course it gives you motivation

and excitement who isn't excited

and motivated to do something

that they've always wanted to do, right?

And it also provides
and creates memories.

But those that you get to spend those that time with,
whether you do a themed dinner night
or you have a sleepover with your grandkids
or you take the whole family on a trip
or even start a family tradition
or you fund your grandkids college tuition
or help pay for a wedding, things like that.

It's create those memories and not only with you
but with everyone else around you.

And then it helps you prioritize your goals.

It helps you prioritize your goals
'cause it helps you dive deeper into what you,
what is actually a dream to you
and what you want to achieve.

And I actually wanted to dive a little deeper into how
to prioritize your goals specifically.

And that may look like
prioritizing your must dos versus your want to dos.

Your must dos are those that you absolutely want to do
and want to achieve.

And then your want todos is those

that maybe just fill up time
or things that you would like to get to,
but if you don't get to it, you're not,
you're not upset if you don't.

It helps you break down your goals.

So if you are a list person like I am, I like to be able
to list the things that I need to get done.

Or if I'm going through a deep clean in my house, I like
to list everything down so that I can visually see it
and I can cross things off.

Well that's kind of how prioritizing your bucket list goals
help is when you prioritize 'em, you can be able
to break down your goals specifically to
label out which ones are more important to you
and how you want to go about them.

And it creates a passion driven life.

It creates that intentionality of not intentionality.

It creates that in intentional living of you wanting
to go out and actually do the things
that you've always wanted to do and achieve
and work towards.

And for example, it can create even more
knowledge and memories that you even thought of.

So for example, if you are wanting
to go on an African safari, you might want
to break down the goals of like how much,
uh, where should we go?

What resources should we look into?

Is there anyone we know that has gone on African safari?

Maybe there's YouTube videos

that we can watch about African safaris.

Maybe there's museums specifically about African animals.

And so as you break those down, you are able to kind
of create a bigger picture for your specific bucket list.

And it cre, it's good to have a timeline of when you want
to do and when you must do, especially if it's something
that takes a long time planning like an African safari
compared to skydiving.

For example, if I wanna go skydiving, I may want
to do it in six months and it would be a short little trip.

It wouldn't be an extensive trip.

Wine, African safari may take a long time to plan as well as
long time maybe to even budget for
going into that.

Speaking about costs and plans
and planning, it's always good

to estimate the cost that you have.

So you would like to do a ton of research

and as much research as you can.

Maybe you want to use your, utilize your research

by looking up like a cruise price

and then you can be able to compare it

with another cruise line that you would like

to see how much they are.

You can be able to incorporate a bucket list fund which is

very specifically set aside a specific amount

of money each month or each year to save

for your bucket list items.

And that way it's kind of fun 'cause you can use that.

It's like fun money. You can use it to pull in

and pay for your bucket list items.

And like I said before, setting a timeline

or setting a budget whether you want to contribute monthly

or setting a budget

and a timeline of, well this is how much it costs for us to

tour it, tour Italy and Rome, Rome, Italy.

And so with that we want to be able to set a timeline

of when we would be able to go

and how much we would need to save

and kind of dive deeper into

how much you can save each month

or how much you would need by then.

And then use, that's what we're here for.

We are here to help you budget

and see what would be best for you,

whether we strategically help you plan in distributions

or help you plan on

what it budgeting looks like with your financial situation.

And then it is always good to keep in the back

of your mind estimating inflation, whether

that be gas material or technology.

If your bucket list is

to travel all 50 states you might wanna take in

consideration the price of gas is may go up

or down depending on inflation.

And then material if you are wanting to do a home project.

Building material al also fluctuates

with the economy and the technology.

If you are wanting to get into photography, your camera

that you are wanting to that you might need for photography

might be a little bit more expensive.

And to keep in mind

with incorporating with financial planning, you want to be able to create an aligned life design.

This means you take your personal financial, your personal goals and your financial goals and you get to put 'em together and you get to be able to see the whole picture.

And with that we can be able to strategically plan how we can be able to incorporate both of those.

And that's what we can be able to help with.

We can be able to help you strategically go about how to take those distributions, maybe ease into those tax brackets for your distributions to help you pay through your bucket list goals or even your personal goals as well and your financial goals.

And we can be able to take a look at the whole picture and help you create that aligned life design.

And it's always good to prepare for the unexpected and reevaluate.

So preparing for the unexpected, you never know what can be able to happen and it's always good to have a little bit of a support to or an emergency fund to be able to help you and get back up

and be able to reevaluate.

And when I think of, so when I think of a bucket list,

usually I think of just traveling.

However, there's so many different experience of categories

that you can be able to incorporate during your retirement

and those are the facets of retirement,

which include health, career

and business, hobbies, finance, community

and charity, home relationships, education

and personal growth, nature and projects.

And I wanted to touch a few, I wanted

to touch base on a few of these different ones.

So in with career

and business, maybe you get to your retirement

and you don't, you don't like not working.

So what you can be able to do is you could start your own

business, it would help you stay busy, it would create,

it would keep in connection with those around you.

And for example, we actually have some clients who used

to be previous tax accountants

and now they help people prepare their taxes

during the tax season, which is awesome.

It benefits both ends, right? And then also finance.

I wanna touch base on this one
because sometimes when you think of finance, you think
of your own financials
and what that looks like for you in retirement and budgeting
and or all of that.

And so I wanted to
take a look at the other side of finance
where you can be able to, maybe you want to fund
a grandchild's college tuition
or you want to fund
or help someone pay for their wedding or their first time
or their down payment on a home.

And that kind of connects with community and charity and
however community and charity may be you want to start fund
or participate in a charity event.

And I also wanted to discuss a few more relationships
which would be creating those family traditions.

There's also this website if you go to
StoryWorth book
and what it is is it gives you a prompt weekly
and you answer that prompt
and it creates little book for you so that you can have
that little legacy that you leave behind of little stories

or favorite things about you

that you can be able to pass on.

And that kind of creates your little legacy

and also builds the relationships within your own family.

And then educational and personal growth.

There's actually a program called

Friends for Learning.

What that is is it's a program where you can be able to

honestly dive into your hobbies

and things that you might be interested in

because what they do is they take groups of people

and they have a huge calendar of things

of like volunteering, hiking, uh, fishing.

They do tours of buildings all around.

For example, they go on to museums, they go

tour the Ronald Ronald McDonald house.

And so it's just things, it's a cool program to look into,

especially I think you have to be age 50

or older so you kind of meet those people

that are your same age and same stage of life as you

and you can be able to go learn something new,

you can go try something new

or you can just do things that you already like

and just have fun doing it with a bigger group.

And it's always good to get outside

and if you enjoy camping or shooting

or fishing, maybe hunting that includes shed hunting,

everything like that.

And then you have the projects of your home.

Maybe you want to be like my father-in-law

and build a chicken coop

even though you don't have chickens.

Um, so honestly it's just up to you

and that's what's so fun with it is you can be able

to incorporate anything you want on your bucket list.

And then diving into the resources,

diving into the resources, it's always good

to do your research right?

You, you can visit with an advisor

to help strategically plan how you wanna take distributions

to help pay for your bucket list.

If it does come out a little bit more expensive than

what you budgeted for, maybe you can look into

those discounts and points.

I personally love Disneyland

and I know that they do an awesome

military discount on those tickets.

And so it's just things like that

that you can kind of be aware of.

Use ai.

And an example of AI is chat GPT.

And you can honestly, it's so fun to play around with.

You can look anything up, ask it

for even more ideas on your bucket list if you have a hard

time coming up with things there.

Or you can also do that with Google and Safari.

There's also Facebook groups where you can be able to join

where if you specifically love pickleball you can be able

to look up pickleball groups near me

and see when they play what courts they play on

and you can go ahead and join 'em.

And then there's also travel agents.

So if you are trying to book a

big travel and you're not experienced as well

in traveling, what you can be able

to do is you can reach out to a travel agent

and they will give you the, they can try

to help you find the best deals they can try to find you

what you are looking for, whether that be, I'm okay

to stay in cheaper hotels

but I want the food to be over the top and delicious

and so they can be able to find

what you are specifically looking for,

especially if you haven't been there before.

And also a great resource is family and friends.

Not only does this give you advice

and opinions on places to go or things to try

or hobbies to do,

but it also creates those connections with those

that are closest to you.

And then for those that are local around Idaho Falls area,

I specifically listed out a few Idaho Falls local events

and places and resources that you can be able to go to.

For those of you not local, what you can be able

to do is you can find local classes,

you can search local classes near

and then where you're living, you can follow your city

and you can follow and find Facebook pages

of events happening near you.

But for those that are near Idaho,

they have the Idaho Falls magazine where you can be able

to find and take, you can, they have classes

that you can be able to look at.

They have, if you wanna try a different dining experience,
they have that for you.

And then they, again, they have the Friends for learning.

So Friends for Learning again is that awesome program

that gives you all these different opportunities to

where you can be able to try new things or go out

and do something or even give you your own ideas.

And then following your city.

So following your city you can be able to

figure out those city events as well as those zoo events.

I know specifically in Idaho Falls that they do, the zoo

puts on concerts

or like walks around the zoo

with a theme to it.

And so it's kind of fun to just keep in touch

with your city and what they throw on.

And then there's also volunteering if you're big into giving

back, they have those volunteering opportunities

that you can be able to jump into.

And some a Facebook page that lists concerts,

craft fairs, farmer's markets is the Eastern Idaho events.

They also do, they also will post about big fairs

and especially the one that's in Blackfoot this summer
that they let you know about.

And it's always good to just kinda keep in touch
of things that are around.

I know for me that when I drive
by the Costco in Idaho Falls, they will have this big poster
that says Craft fair or Farmer's Market coming up.

And so even paying attention to your surroundings,
they will post advertisements of things going on.

And before I end, I wanted to give a few key takeaways
of this presentation, which are to be strategic.

Be strategic on how you plan, how you budget,
how you want your life to look like in retirement.

And that's how we can be able to help you is we can be able
to help you budget plan, be able to see the whole picture
with your personal goals and your financial goals
and help you prioritize them.

It's always good to prioritize them
'cause that way you can be able to get the things
that you really wanted to do.

And then you can go to those that fill in time, right?

And then utilize your resources.

There's a ton of resources out there

and research that you can do.

And make a plethora of information

that you learned specifically from your

bucket bucket list item that maybe you wanna get into

or maybe you wanna try something new

or maybe you like fishing,

but you can take that one step further

and research places you haven't been before

or incorporate fishes you haven't caught yet.

And with that to be purposeful and intentionally purposeful

and intentional with the way you go about planning it

and what you, and take a look at what you actually want

and reflect on what you would like to achieve and do.

And then there is a great idea to do, it's,

you don't have to do it, uh,

but it is keeping a bucket list journal.

You can be able to keep a bucket list journal

because it can help you break down your bucket list.

It can help you prioritize them.

Maybe you wanna write everything you ever wanted to do

and then you rate 'em on a scale of one to 10 of

how important it is to you of accomplishing that.

And that way, that way you can kind

of just sketch it all down.

You can be able to visualize it, you can be able
to break it down and create your dreams to actionable items.

And then I have a quote, it is by an unknown source,
but it is retirement is when you stop living at work
and start working at living.

And this just means that you finally get
to live the life that you've always wanted.

You're now working at choosing to do what you wanna do
and have fun and be with the people you wanna be with.

So it's not too late
to start thinking about your retirement bucket list.

And I just wanna say thank you guys for being here
and if you do have any questions to contact us,
we are more than happy to help you
with anything that you guys have.

So thank you so much. So.