

As Millions Enter Retirement Each Year, New 2026 Planning Tool Highlights The Non-Financial Realities of The Transition

53% of retirees wish they had spent more time planning the non-financial side of retirement; new 2026 planner tool helps them do just that

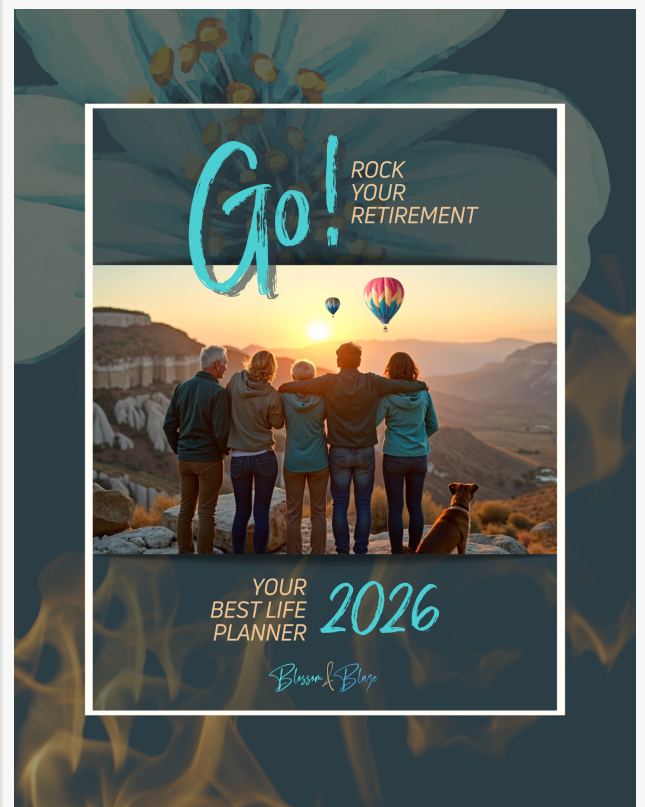
JERSEY CITY, NJ, UNITED STATES, December 30, 2025 /EINPresswire.com/ -- Retirement in America is changing fast. Millions of adults are stepping out of full-time work and into a chapter that offers freedom yet often raises an unexpected question: What now? Across the country, retirees are finding that leaving work is the easy part. What comes next — the rhythm of daily life, the search for meaning, the shift in identity — can be far more complex than expected. Even with solid financial plans, many enter retirement wishing they had paid equal attention to the human side of the transition.

A national Age Wave study found that 53% of retirees wish they had spent more time planning the non-financial side of retirement — how they will use their time, stay connected and build a sense of purpose.

The scale of this transition is significant. According to the U.S. Census Bureau, 10,000 to 12,000 Americans turn 65 every day, and Pew Research reports that more than half of U.S. adults 65+ are already fully retired, a number poised to grow as older Gen Xers join Baby Boomers in leaving the workforce.

A Holistic Tool For A Common Challenge

In response to this growing need, transatlantic coaching practice Blossom & Blaze has released the 2026 edition of Go! Rock Your Retirement: Your Best Life Planner, a guided resource designed to help retirees shape a purposeful, connected and personally meaningful year.



Go! Rock Your Retirement 2026 Cover

“Retirees often realize that once the novelty of free time fades, they need a structure that supports well-being and a sense of identity,” said Anna Quinne, co-founder of Blossom & Blaze. “This is where many feel least prepared.”

A Simple Structure That Supports Well-Being
The planner — which features inspirational quotes and nearly three dozen original photos from across the globe — begins with three reflective tools, and a Wheel of Life snapshot provides a personalized starting point, helping users highlight areas of life that deserve more attention.

From there, the planner guides users through:

- Quarterly Renewals to revisit values and clarify intentions

- Monthly Themes & Prompts that spark insight and curiosity

- Weekly Spreads with space to note daily activities, appointments and goals, paired with reflections on gratitude, self-care and a meaningful Weekly Win

- A Year-End Review returning to the Wheel of Life to observe what has shifted across the year

My Quarterly Renewal: Pause. Plan. Realign

New You: Build The Life Your Values Demand

Now that you've reconnected with what drives you, what drains you and what deserves protection, it's time to turn that awareness into purposeful action. For each of your top three values, create a meaningful intention — something that honors, strengthens or elevates that value in your daily life. These intentions will anchor your focus for the next three months and guide the small weekly steps that follow. Let them rise naturally from what you uncovered in the True You section: what you want to nurture, what you want to release and what you want to protect.

To get closer to each value I need to:

Value	Intention	First Step

Turning Intentions Into Weekly Wins

Each week, choose one intention to focus on and break it into a few simple steps you can take over the next seven days. For example, if your value is Health, one of your intentions might be to eat more mindfully. Your weekly steps could include picking out a new healthy cookbook, removing added sugars from your meals or researching foods that support your specific health needs.

Schedule these actions directly into your calendar so they don't slip your mind — and so you build in natural accountability.

At the end of the week, capture your progress in the This Week's Wins section. Maybe you feel more energized, noticed a small physical change or joined a health-focused group. Whatever your wins are, write them down and celebrate them. Every step counts!

Quarterly Values Exercise from Go! 2026 Workbook Page

“Small, intentional actions are what give shape and rhythm to a meaningful retirement,” said co-founder Trie Angeleva. “Many retirees crave a practical way to discover — and stay connected to — what matters most.”

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Anna Quinne, co-founder of Blossom & Blaze

Growing Demand for Non-Financial Retirement Resources
Amazon’s retirement category remains dominated by financial guides, despite research from the National Institute on Aging linking purpose, social engagement and emotional well-being to improved long-term health outcomes. Tools that support these non-financial dimensions are increasingly sought by retirees navigating the transition from work to a new daily identity.

Availability

The [2026 U.S. edition of Go! Rock Your Retirement](#) is available on Amazon for \$32.99. The UK edition is available for £29.99. More information is available at the [Blossom & Blaze website](#).
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About Blossom & Blaze

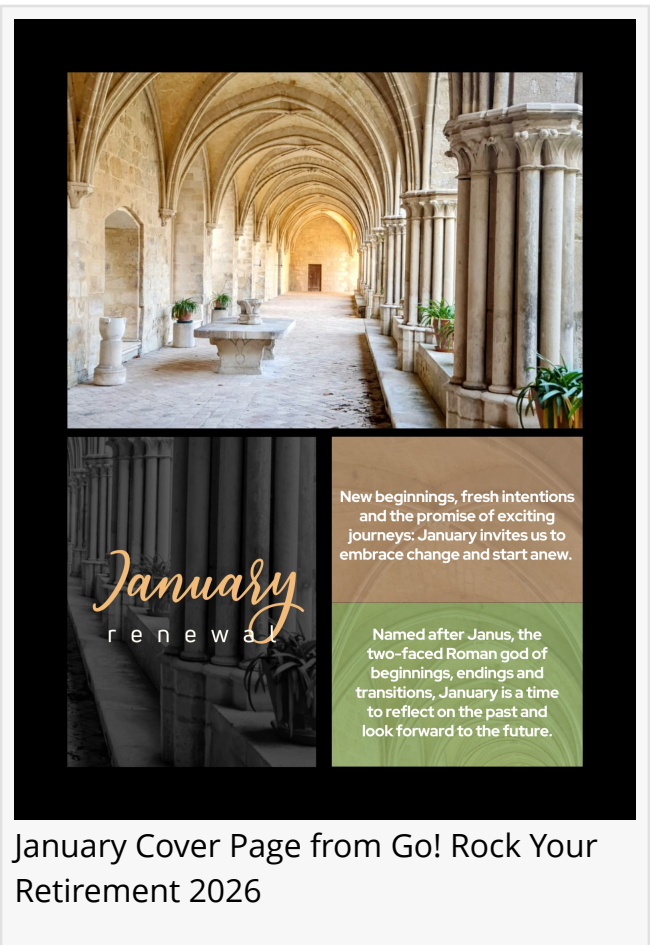
Blossom & Blaze is a transatlantic coaching practice founded by Anna Quinne and Trie Angeleva. Their work focuses on supporting retirees and midlife adults through research-informed tools that promote well-being, purpose and meaningful engagement in the next chapter of life.

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