

<http://blogs.wsj.com/experts/2013/10/31/in-retirement-you-need-love/>

What is the single difference you see between retirees who are happy and those who are not?

In Retirement, You Need Love

BUD HEBELER: It's really hard to single out just one factor, but the happiest retired people we know have loving people around them. Those loving people may be spouses, children, church members, activity participants, or even people they help as volunteers. People don't have to be rich to be happy, but it helps to be able to use money to nourish relationships and visit friends and relatives who may live far away.

Another main constituent of happiness is to have a feeling that you are productive and contributing something to society. That's why it's so important to know what you are going to do after you retire. This could be a volunteer in some charitable organization, developing artistic talents, becoming politically active—or even taking on part-time work that is challenging. Finally, good health plays a significant part. We will never retire from having to make good health choices for food, exercise and mental stimulus.

Henry "Bud" Hebeler was president of the aerospace division of [Boeing Co.](#) [BA +1.85%](#) He has served on the board of MIT's Sloan School and currently focuses on the dissemination of free, sound financial planning on www.analyzenow.com.