

AI-04737 Happy People Habits

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People Who Are Truly Happy In Retirement Never Skip These 22 Simple Daily Habits

If you’re referring to the idea behind “People Who Are Truly Happy in Retirement Never Skip These 22 Simple Daily Habits,” the interesting part isn’t the number 22. It’s that happy retirement tends to be built around structure, purpose, movement, relationships, and autonomy rather than simply having more free time.

A practical version of the 22 habits would be:

1. Wake up with a reason to get up.
2. Keep a simple morning routine.
3. Move your body every day.
4. Spend time outdoors.
5. Protect your sleep schedule.
6. Eat deliberately rather than automatically.
7. Keep learning something.
8. Have a personal project.
9. Do something you’re good at.
10. Do something purely for fun.
11. Maintain friendships.
12. Stay connected with family.
13. Have regular conversations—not just texts.
14. Keep your mind challenged.
15. Limit passive screen time.
16. Spend some time alone without feeling isolated.
17. Keep your environment organized.
18. Know where your money is going.
19. Avoid unnecessary lifestyle inflation.
20. Have something to look forward to.
21. Practice gratitude or reflection.
22. End the day knowing you used it intentionally.

The deeper pattern

I’d reduce those 22 habits to five retirement systems:

System	Daily question
Body	Did I move?
Mind	Did I think/learn/solve something?
Purpose	Did I accomplish something that mattered to me?
Connection	Did I connect with someone or something beyond myself?
Autonomy	Did I spend my time intentionally?

And there’s an important distinction:

Happy retirement isn’t necessarily busy retirement.

The goal is not to fill every hour with activities. It's to have enough structure to prevent drift while retaining enough freedom to choose what matters.

In fact, the most powerful retirement habit may simply be:

Have a reason to get out of bed that has nothing to do with going to work.

Your Swim → Bike → Sleep philosophy already fits remarkably well into this framework: physical activity, routine, personal mastery, and intentional simplicity—without needing retirement to become a second career.