

Funding Your Retirement In Your 40's & Beyond As An Entrepreneur: Introduction

Sonja: Welcome soulful listeners. I'm your host, Sonja Thompkins. Welcome back to the show. This episode is actually more of an introduction episode to something that I have really been wanting to add to the show in general for quite a bit of time. And it was sparked by some recent actions that I've been taking as an entrepreneur and business owner in regards to finances but has nothing to do with revenue or income.

So listen, if you are an entrepreneur, a business owner, a gig worker, or someone who's had jobs, or careers or work that you do in the world that doesn't come with a traditional retirement savings or fund or anything like that, this series is going to be for you.

I am calling this series, the funding, your retirement in your forties. Okay. Why am I calling it that? Because I am a business owner, an entrepreneur who is in my forties, and I have just recently gotten serious about my retirement plan, what that looks like, and actually funding it. So in this series, I want to not just talk at you about things, but actually share with you my experiences.

I am literally currently going through this. I am not 200 steps ahead of you. Let's say you have never even thought about it. You've never contributed any money to anything and you're like, oh. Retirement, like that's a thing? Right? Like, are you my mother? Remember that book, y'all? But yeah, if you're like that, that new to anything retirement and contributing to that and creating a retirement fund, I am literally only two and a half, maybe three steps ahead of you, okay?

So when I tell you I'm in this In this moment currently, I mean that. Okay. And so like literally the very first step that I took, and I'm trying not to tell you all of that. I want to actually put that into the first episode, but when I was taking like step one, I said to myself, like, I should be documenting this and sharing this with my audience.

And I just didn't do it because I was in the moment and I know myself well enough that I needed to just. Get through that moment. There was some, you know, money thoughts and things like that, that kind of surfaced for me as I was going through that and know how to comfort and care for myself, even in the uncomfortable moments that I know are just a moment in time towards the things or experiences that support what I truly desire in life.

And so I was able to work through that. I knew that that would sort of happened and that's why I needed to get it done. But now I'm in a place where I'm just literally a few steps. I'm gonna keep saying that cuz I don't want y'all to think like, like I don't like I don't even know like this is... right? I'm just a few steps. And so now I can sort of, as I take a step immediately, like share with you, this is the step I'm taking right now.

And all for the sake of hopefully inspiring you to start to just pay attention, bring some awareness to, you know, what retirement looks like for you, what you would like it to look like. Even if that means you're still going to work like me, I'm thinking about retirement as sort of that's going to be a period where I'm working and I'm sure I will be working but working just because I want to, right?

So knowing that I'm still going to be doing work that I love, like, I am now, but listen, if I have a week and I'm like, yeah, no, I, I'm going to, I'm going to be like, if I, if I'm going to have a month, let's say of like, yeah, no, I'm just not guess what? I'm going to just not, and it's going to be okay. And I'm not going to have to worry about like, you know, my lifestyle changing if I don't do anything work related for a month.

So for me, that's sort of like, just to give you an idea, that's sort of like, what my vision of retirement looks like. Well, in order for that to happen. There has to be some funds in there, baby. Right? And that's an area where I hadn't put a lot of focus on. Almost, almost ashamed to say that, but I'm not, I'm almost ashamed to say it, but I'm not because, um, I know I'm not alone, right?

And this is just, this is just, this is my journey. This is where I've been. I've become aware of this and Empowered to do something about it recently, for whatever reason. You know, God has this like, boom, you need a, I'm gonna need you to get on that. And so this is just my time, you know, to, to, to come into that.

And I want to share this all with you so that you can be inspired so that you can get clarity so that you can be empowered and you can start taking action in

whatever way is going to work for you. It's so not about where you've been, you guys, it's about where you're going. Right. And we're here to light up the path with wisdom, courage, and financial fortitude in this series.

So this is just going to be some episodes again, as I take moves, as I notice changes or things related to, you know, the journey of funding retirement in your forties or fifties beyond, if that's you, um, I wanna be able to document it and share that information and experience with you sort of in the moment.

So that doesn't change anything about the, the show large, but if you just happen to come in, say, on this episode or on the episode, episode one, or one of the episodes, you know where we're talking about this and this is really, this really resonates with you, it's something you're really into, then, you know, you can always search, subscribe, download, right? The show, the podcast, you'll be able to come and search and you'll see it by title. It'll be like, you know, you know, funding your retirement episode one or something like that series.

So we'll make sure that in the name or the title of every episode for this content, the special series, you'll be able to pick it out and know it so that you can binge all of those episodes at once or you can just make sure to check for those episodes when you come in, or you can just make sure again, that you have subscribed and downloaded, right? And you become a listener so that you get every episode and get a full holistic, loving, you know, and nurturing on all things.

Because our finances and how we think about money, how we, our relationship with money very much is part of how we master ourselves. Because when we understand that when we understand that part of ourselves, right? It helps us become more masterful of who we are. Right? And so here we are, right? Who we are. And here we are.

All right, you guys just wanted to share that with you. I so hope that you tune in and that you take action alongside with me. I'm going to share some tips. I'm going to share some tools that I'm using and I'm going to be right in this with you if you should choose, right, this mission.

All right. That's it for this episode. You guys can't wait. Make sure you subscribe. Download. And if you haven't already, please review the show. It's really important that I know what you think about it. I want to know if I am sharing things that really interest you, if you like it. So leave a review. You can also chat with me and tell me your thoughts in the DMs. You can find me at

Sonia Tompkins on Facebook and on Instagram, so you can jump in my DMs and share there, do a screenshot, share it on your stories.

Let me know, let the world know. And by all means, share this episode, share this series, share the podcast in general, anyone that you think would benefit from it. From the information and the discussions that we have here on the show, we want to make sure that no soul is left behind. Right. Okay. I'm done.

You have an amazing rest of your day, wherever and however you are listening. Talk with you soon.