

# How do I prevent going insane?

December 11, 2018 | 58 upvotes | by [Boshjer](#)

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Basically dropped out of college and started a business. It was successful and I'm working about 20 minutes a day.

My daily routine for the past month has been me having a fucked sleep schedule. Going to the gym. Eating. Playing video games. That's it. Over the last month I've only talked to one other person and that is one of my business associates.

I'm essentially retired at 20 years old and have nothing to do. I'm spending 12+ hours a day on my computer watching videos and stuff related to work. I'm trying to cut BF% after a bulk but I keep relapsing because eating is something to do besides playing black ops.

My mental state is definitely declining and this isn't helped by the fact that schizophrenia is genetic on my mom's side.

I'm seriously considering just moving out into the woods/becoming a monk/torching my empire. I don't want to have to go that route though. Ironically dropping out to make money was probably one of the worst decisions I've made.

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## Comments

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Divine\_Instrument • 32 points • 11 December, 2018 03:59 PM\*

Hold on. How much money did this business make you and how are you not still putting time into growing it? Is it set up so that it generates recurring income with virtually no input or did you sell it? If you sold a business today you would need like \$8 million to be effectively able to retire anywhere in the US at 20 years old.

Obviously, this doesn't apply if its generating passive cash flow for you. Whether it will continue to generate increasing passive cash flow with no input long into the future is another issue.

If this is the case and you've either sold your business for a sum which you can live off for many years or if you've created a business with a recurring revenue model of steady cash flows, congratulations. You achieved financial independence and you're free. I worked on Wall Street and worked with more than a few young people who achieved this and weren't quite sure what to do afterward. Ultimately, most of them took some time off to travel and enjoy life before eventually returning to start a new entrepreneurial venture that was completely on their terms (i.e. something they found more purposeful, could put in however much time they wanted, etc.). Others went off to work at least part-time for causes they cared about or fields that interested them. One bought a small farm and started farming. If money is no issue for you, maybe you could return to school and study something you find interesting. I would recommend you read the financial independence sub on Reddit, as this has been discussed there before. I would also recommend you read Wall Street Playboys blog as the author did just this and touches on it often. The books are a good read as well although they are more oriented on how to achieve what you've already achieved. The one thing I'd advise you not to do is get too wrapped up and leisure. Have fun and enjoy your life, but find something to put time and energy into that gives you some responsibility and purpose as well. Also, for god's sake be social. Meet people. Join clubs. Go to the gym. Hang out. Don't become a recluse. We are social creatures at the end of the day to some extent even if you are an introvert.

Boshjer • 1 points • 11 December, 2018 04:19 PM **[recovered]**

Was a "hands on" business, then I liquidated all the assets over time, layed off everyone and distributed the capital into investments. As for the amount *I* "made" is in the 8 digits.

Divine\_Instrument • 6 points • 11 December, 2018 04:29 PM

Ah okay so you would still fall into what I said above. I'm curious to know what your "hands on" business was. I saw more than a few contractors, landscapers, etc. in my time and most would be shocked. I know I was when I first got to the street and saw it myself. I digress. I understand if you want anonymity. Anyway, I'd encourage you to read my comment above as I edited it with advice. I personally, have not been fortunate enough to have such a problem, but have known more than a handful who have. It can be tough, but keep in perspective this is a very good problem to have.

Boshjer • 1 points • 11 December, 2018 04:42 PM **[recovered]**

I'm not going to get into specifics but yeah, it was in the home service industry. Coming from a poor background, its hard to believe the amount that can be had from doing something so simple.

Divine\_Instrument • 4 points • 11 December, 2018 04:46 PM

Gotcha. I probably saw more of that than anything else actually. Pretty crazy what ownership can do. It certainly ain't easy though.

LE\_REDDIT\_HIVEMIND • 4 points • 11 December, 2018 04:49 PM

That's impressive, good job. Mind telling us a bit more about the process? How long it took, your approach, etc? Pretty curious.

ChadTheWaiter100 • 1 point • 11 December, 2018 06:10 PM

Hey brother pm me

HolaGuacamola • 3 points • 11 December, 2018 08:37 PM

Good post, just want to check on the \$8MM. Even at a conservative safe withdrawal rate of 3%, you'd be able to take out \$240k per year. I think that number may be a bit high for 'need'.

Divine\_Instrument • 2 points • 11 December, 2018 08:51 PM

You're right. I didn't really do any math lol. I just quickly threw out a number assuming he'd be living off of it for 50+ years since he is 20 and would be covered anywhere in the US including a high cost of living place like New York or San Francisco.

dtyler86 • 2 points • 11 December, 2018 10:15 PM

Uh... invest in mY companies and have fun, make money and be close to beautiful women, write off your taxes in the form of company explorative yachts. No joke. I work with a corporate accountant that uses part 108 tax code to invest millions of capital gains taxes into shared ownership yacht charters. We travel the world, shoot for a yachting TV show and get paid to do it. Locations on deck are Fiji, Abaco, Amalfi coast, NZ... let your taxes make money while having a legit excuse to do what youre already doing but around the world on islands where guys like you have a life outside of their apts playing video games. DM me.

Bl00dSp0rt • 28 points • 11 December, 2018 07:20 PM\*

20 days ago he made a post about having 200\$ to spend on camping equipment or some Shit.

This guy is larping .. he doesnt have a successful business

He dropped out of college and now he plays Skyrim in his parents basement and larps about being rich and retired

LE\_REDDIT\_HIVEMIND • 1 point • 12 December, 2018 02:02 AM

Yep and now his account is gone. Kind of sad, hope he gets his shit together.

lowkeyifuxwithjuice • 1 points • 11 December, 2018 03:53 PM **[recovered]**

I'd say #1 thing will be getting the sleep schedule down. Also try to eat at the same times each day.

Congratulations man. I am working 10 hour days again at a job since I did a similar thing to you when I quit to work on my business and it went to shit because I was playing games till 3am and doing nothing but gaming eating lifting and I got depressed. Now i am in the process of trying to make it work and stay working. Just understand it's easy to keep living sporadically because you have to time to do it but sticking to a planned routine will really benefit you long term.

Boshjer • 1 points • 11 December, 2018 04:28 PM **[recovered]**

Thanks man, I needed someone to remind me that I need to stay regimented. Particularly sleep, waking up at 8PM is not fun.

LE\_REDDIT\_HIVEMIND • 4 points • 11 December, 2018 04:50 PM

You should look up Matthew Walker on Joe Rogans podcast, he has some profound insight regarding

sleep and it's importance. And if that interests you, then I also recommend reading his book "Why We Sleep".

TheShearerComplex • 3 points • 11 December, 2018 04:52 PM

Jesus, you should be getting up at the latest 8am and going to bed between 11.30 to 12.30 every night. Unless you work night shifts, nothing productive happens after 10pm.

Boshjer • 1 points • 11 December, 2018 07:01 PM [recovered]

Thats what happens when you go on stimulant binges.

I\_Dont\_Type • 1 point • 11 December, 2018 09:07 PM

Do you have adhd? It might explain some of your behaviour. Get a timed safe and lock your stimulants in it and make it so you can only open it once a day (if you're prescribed that), it will really help you control your usage.

The best way to beat a video game addiction is to sell yo our console and/or delete Steam and uninstall all your games on your PC. You'll find new things to love but they won't be as addictive as gaming.

Divine\_Instrument • 10 points • 11 December, 2018 04:15 PM

Lots of lessons in the failures, not just the victories. Respect for having the balls to try something and admit failure. Good luck man.

Joeboard • 19 points • 11 December, 2018 05:56 PM

You say you made 8 figures and are young.

Take 500k and go travel the world. See different things, cultures, party and meet tons of women.

If you havnt already get some good financial investors, you should basically be able to live off of interest.

Do not fall victim to gold diggers. Very very attractive females will gush over you, but only want the lifestyle you are able to provide for them.

ZedBaby • 5 points • 11 December, 2018 08:12 PM

This- experiencing the things this world has to offer could really put things into perspective for you and maybe even give you a new purpose in life. You've become very successful in your own environment, now it's time to branch out and see what else is out there.

ChemicalGiraffe • 8 points • 11 December, 2018 07:57 PM

Step 1) Stop trying to impress strangers on the internet by lying

Dustin\_Bromain • 12 points • 11 December, 2018 05:56 PM

I'm calling bullshit on this. You work for 20 minutes a day after starting a wildly successful business after you dropped out of college? And you're 20 years old currently? But you won't go into the details of your business?

The only thing I believe in this post is that your family has a history of mental illness, and lucky for you, that can be managed with therapy and effort. I would know.

stevenpatrick3 • 12 points • 11 December, 2018 06:47 PM

I was skeptical until I read this..

made 8 figures

No fucking way at 20 I'm sorry that's crazy talk, and if he really were, he would not have made this shit post.

Dustin\_Bromain • 4 points • 11 December, 2018 06:54 PM

Exactly. I know kids who started their own landscaping/house cleaning businesses and managed to sell them for 10K to 20K; which is great but significantly less than the 8-figure sum OP made up.

xNightly • 1 point • 11 December, 2018 10:38 PM

Not only that, who the fuck decides to stay at home playing Black Ops with 8 digits in their bank? Literally no one.

Velebit • 1 point • 11 December, 2018 07:44 PM

Lol make a patent, get a crew of 10 or so people developing it until you can sell it, sell it. Done. What don't you understand?

Dustin\_Bromain • 3 points • 11 December, 2018 07:46 PM

I've known kids that sold their landscaping/home cleaning businesses. They sold for 10K to 20K max. You're not going to hit 8 figures with a little start-up like that unless it's tech related and borderline revolutionary.

Velebit • 1 point • 11 December, 2018 08:03 PM

If you have an engineering or software patent you can be a billionaire with selling a patent some established business wants.

Humans are not equal.

moltenw • 9 points • 11 December, 2018 04:56 PM

Any advice on how to get rich? I got the other side mostly covered haha.

xddm2653 • 3 points • 11 December, 2018 05:58 PM

Step 1) Be smart

Step 2) Dont be stupid

meowsero • 3 points • 11 December, 2018 06:39 PM

I'm smart. Not stupid. But lazy. And mainly don't know where to put my efforts to maximize profit.

DrizzlyShrimp36 • 6 points • 11 December, 2018 07:19 PM

I'm not going to pretend to be rich because I am not. I'm young and want to start a business eventually. I've looked into it. So far the thing that makes the most sense that I've read and hadn't considered before is to go local. Everybody wants to build the next Facebook, everybody wants to be the next Steve Jobs. The truth is, you can make an absolutely massive amount of money by starting a local business. Look around you and see what can be fixed or improved.

xddm2653 • 1 point • 11 December, 2018 08:33 PM

Well I bought a house (at a discount) and improve it constantly so every 6 months I can pull out equity and invest that into dividend funds. Probably gonna try to buy another property next year, this time a rental

Boshjer • 1 points • 11 December, 2018 07:27 PM **[recovered]**

The only way to get in this world is to be your own boss, plain and simple.

A few old friends wanted to start businesses but never did because they were searching for the "perfect" idea. This will get you nowhere.

Start your business. Explore a fuck ton of streams of income. Select which ones are most profitable. Rinse and repeat until desired net worth has been reached.

In my company I never had less than ten areas I was testing the waters in to see what is profitable.

Never dismiss any ideas no matter how outlandish they might seem. Some of the biggest money-makers I discovered were from weird thoughts I would get throughout the day.

Eventually you will get to a point where you will be looking for *anything* to increase the efficiency of your business. You might be thinking of nootropics, these are bullshit. Things I have found helpful: celltech, amphetamines, meditation, and lsd. Keep in mind all of these besides meditation have serious repercussions and is up to you to decide if you are willing.

You might get tempted into sugar by your new friends but do not partake in this, as it is mainly a status symbol and isn't actually useful.

Finally realize that all of this money is fucking meaningless unless you need it to fulfill your mission. DO NOT adopt new habits just because you can afford them.

moltenw • 1 point • 11 December, 2018 08:48 PM

Thanks for the insightful advice.

I was wondering - did you ever mix business with pleasure? For example, venturing into business that interested you and you were passionate about, or were you just hustling for money?

Perhaps you have some book / forum recommendations if I'm not asking too much (although who knows, maybe you never had a need for those).

icecruzader • 6 points • 11 December, 2018 03:54 PM

First of all congratulations. Secondly, do cold approach and go out and meet your city. You don't need to work for money but you can still be more successful. Depending where you live, ei big city little town, make a habit of going to some of the same places and meet regulars. Sanity is a product of human interaction. Real human interaction not message in a bottles across the net. Turn your video games into gaming chicks at bars but take a social circle approach. Make a group of friends by filtering out from a big group of people and have a good social life. Having a support group in life is important and being successful you don't have to settle for the people who you've got lying around. Cultivate friendships which can help you grow your business even more if you want or people with In's to hobbies you'd like to try.

Frankly, instead of playing 4 dota matches go to a bar and make everyone be everyone's friend, such a power high.

light-----dark • 6 points • 11 December, 2018 03:50 PM

The last idea is a good one.

Or go back to school?

Or you can use your money to start another business?

What's your mission? Build towards that.

icecruzader • 2 points • 11 December, 2018 03:54 PM

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Frankly, instead of playing 4 dota matches go to a bar and make everyone be everyone's friend, such a power high.

RedHoodhandles • 2 points • 11 December, 2018 07:23 PM

Selfmade multimillionaire at 20? Sounds like a troll. If not:

- lift and get shredded
- travel the world and read
- ~~get money~~ and fuck bitches.

Sounds like glorious 20ties to me.

Corporation\_Pull-in • 4 points • 11 December, 2018 05:29 PM

started a business. It was successful and I'm working about 20 minutes a day.

May I ask how?

Dustin\_Bromain • 8 points • 11 December, 2018 05:58 PM

He's lying.

[deleted] • 3 points • 11 December, 2018 06:07 PM

Men need to always be doing something. It's our nature. Hobbies: photography, guitar, another business, build something cool, fix cars, what ever. You need to be doing something.

Video games are a simulation of doing something. Social media is a simulation of intimacy. Porn is a simulation of sex. All of these things dull our senses to the real thing. Stay away or limit your exposure to this.

Shut off your games and think of other things to do.

Rosace\_89 • 2 points • 11 December, 2018 03:51 PM

join a sport team, dance classes, evening studies, volunter work, ...

anything to meet people, activities have to happen every week to give you a regular schedule

liberty1127 • 2 points • 11 December, 2018 06:19 PM

You're not retired. I'm a few years older than you and had a 6 figure net business at 20 myself.

When your business fails and you haven't taken the proper steps to secure another income you will come here and ask some other questions.

Do yourself a favor...if you don't have something like 3-5 million in a vanguard account collecting 4% interest a year you are not retired.

If you have money to spend, find a way to create multiple income streams....rental properties, investments, other businesses.

Do this before its too late. I was dumb and did exactly what you are doing and I have 0 dollars right now. Im starting another business and implementing the things I learned.

Find hobbies and find something to do that makes you money and also is something you love. Good luck.

JinSantosAndria • 1 point • 11 December, 2018 05:10 PM

You challenge yourself. Not having to fight for your daily income is nice, but thats how many people start defining their goals. You have no necessity to do so you need other sources of challenges. You know exactly what you're doing wrong, your list is correct. Come on, you now what needs to be done and its not that hard. Bank your cash and start new. Find new people to do work with, new projects, set new goals and become a better version of this lazy ass person you're right now.

Lambdal7 • 1 point • 11 December, 2018 05:20 PM

Getting a real degree, such as astrophysics, medicine, psychology, engineering. Those are all extremely interesting and increase your perception of the world massively and you can actually build awesome stuff, cure cancer, pioneer new psychological concepts.

This also puts you into a dense social network whete you neet lota of people and friends.

Or just any other significant challenge that takes a couple of years.

Corporation\_Pull-in • 1 point • 11 December, 2018 05:32 PM

Since you've had success with your business and lack of social contact is getting you down have you thought about becoming a public speaker or hosting seminars on how to make a successful business? People will flock to you and your advice.

xddm2653 • 1 point • 11 December, 2018 05:53 PM

Just get a part time job. Working is fun when you aren't doing it to survive, the extra income will help your business and you have the luxury of not settling for any crappy job

looneyniggabunny • 1 point • 11 December, 2018 06:49 PM

find a new hobby, instead of gaming, try something new that you always wanted to do. I quit my gaming for skateboarding. Spend it on something that is a skill, imagine being able to skate and bring a girl to skate. that sounds fun!

IIIIIIIIIIIIII • 1 point • 11 December, 2018 06:54 PM

Get a shit job you hate to remind yourself what you're running away from.

TFWnoLTR • 1 point • 11 December, 2018 07:25 PM

Get a job.

Seriously.

A man needs something to do. Even if you're independantly wealthy and never need to work another day to live



comfortably, you need something to do.

Try out sales. You'll have to be social and you have built in outcome independence which should help as much as it hurts.

Not into sales? Fuck it. Deliver pizza. Easiest job I ever had, and you occasionally witness something or meet someone interesting. Save up your tips and give them a fellow delivery driver who is having car problems and struggling. You'll make a friend.

Don't like driving? Fuck it, build a cabinet shop in your garage, hire help and sell at cost. You don't need the money, or maybe you do. Who cares?

Do something. You'll never escape that hole unless you have somewhere you need to be and something to do there most days. Men evolved to be productive. Be productive!

Andrew54321 • 1 point • 11 December, 2018 07:28 PM

Go to college for some lib arts degree while growing your business and slam that early 20s pusseh

Bing\_Bang\_Bam • 1 point • 11 December, 2018 07:33 PM

Start a side hustle. Build a sweet mancave bunker. Travel to a far away Land.

Velebit • 1 point • 11 December, 2018 07:33 PM\*

Yeah, creativity tends to go along with a vulnerable mental state. There is convincing evidence that it is correlated with the neanderthal part of our dna.

So let's go over this...

First, you feel like you peaked and there is no reason to think you have not. Doing a big business thing again is super rare and it also does not seem it's what you are passionate about. I know the feeling, you just did it. You are set there. Without a massive inspiration or getting fully bored with another challenging and successful thing, you just can't find the fucks to give.

Then there is lack of socialization. Yeah when you got high iq there isn't a lot of people to talk to. Simply, vast majority of people don't have something new or engaging to tell you. Their interests are lowly and banal. Their urges are easily satisfied if only they were not so... unintelligent. It is also difficult to find inspirational people and those are the ones you wanna surround yourself with. The higher you are in terms of creativity and IQ the harder it gets. But that is not a reason to just quit it.

The stuff, exact words, I hear you say, I have heard from several people who have conduct disorder, depression or other personality disorders and have had some emotional hardships and then found themselves lacking a value system but having too much freedom. They find it maddening to spend time with themselves, grow to hate themselves and their own company. They want to run away. If this turns into primitivism or wanderlust, the person is lost, hedonism or isolation is not the solution.

What you will hear from normies is basically 'fill your time with content' but that is not the solution as if it were you would have already done that. That is just a distraction. If that distraction would or could be the solution, your instinct would not tell you to withdraw further, into woods etc.

Current society is complacent, cynical and purposeless and that is why it disgusts you into getting away from it, bombarding yourself with more of it... more of things you don't care about, more of people you don't like, more of nihilistic empty joyseeking... nah. If that were the solution drug users would be the happiest. Because they have the feel good chemicals inside them.

The solution is to rework your organizing value system in a way you have your mission and feel the drive to wake up every morning doing it.

Getting notches, likes, meatbuilding and drinking will not fulfill you.

RedbullF1 • 1 point • 11 December, 2018 07:35 PM

Start something new. You will run out of things to do over and over again and people don't realize what a blessing a routine can do for you simply by having somewhere you have to be and having people to talk to. I encourage you to travel, seek more education, and help others with the time, connections, and resources you have. Don't use drugs, don't drink heavily, everything in moderation. Sleep schedule and time in the gym is a good basis for each one of your days. Go to bed when you're tired. Wake up at the same time every day. The key is being productive. Also word of caution. Don't get used to the idea of buying things for short term pleasure and entertainment, it doesn't last and once you already have the best of everything there isn't much joy to be found in material possessions after that point.

RedPillAlphaBigCock • 1 point • 11 December, 2018 08:25 PM

I'm seriously considering just moving out into the woods/becoming a monk/torching my empire

SLAP YOUR SELF IN YOUR FACE RIGHT NOW

You are incredibly lucky (Deserved through your work)

You need MEANING (Read mans search for meaning) <https://www.youtube.com/watch?v=LIC2OdnhliQ>

And you need SOCIAL- Join salsa classes or a team sport like ultimate frisbee and GO EVERY WEEK - Make friends etc

Lastly: PRODUCTIVITY - Volunteer or write a book or SOMETHING THAT WILL HELP OTHERS

nofilmynofucky • 1 point • 11 December, 2018 09:00 PM

schizophrenia is also genetic on my mother's side. I did a bit of research after (what seemed like) every male in my generation of cousins developing it:

generally develops in males around your age but you should have had symptoms by now (around 18 - 19)

causes are considered roughly 50/50 in terms of genetics and environment. Provided you weren't raised in an abusive environment, your chance of developing it is much lower

stay away from weed until you're a bit older. I'm pretty liberal in my views on the dank, imo if it doesn't impair your performance in other areas of life then who cares, but it's been linked to an increased risk of development **in cases where genetic link has already been established** so hold off until you're 25ish and stop smoking if you already partake

Angelrun • 1 point • 11 December, 2018 09:09 PM

Welcome to the real world. That's how I felt when I FAILED out of my university. I had to go to a CC for a semester, but I was still home with no social life. So what did I do? I entered monk mode for that semester. Lifted hard, studied hard, and made sure to learn everyday. I studied TRP hard to be a successful guy going back to school. If you think you lift hard, lift harder. I'd also try getting tinder and meet some new people around you. Gives you practice to build your frame around random people.

flatox • 1 point • 11 December, 2018 09:21 PM

Get busy. Being busy fixed a similar situation for me.

Doesn't amttter what makes you busy, so long as you're into it.

FirstnameLastnamePKA • 1 point • 11 December, 2018 09:38 PM

Dude just fly me out to you and I'll be your minister of fun. Bro what I could do with 8 figures.

cannacorn119 • 1 point • 11 December, 2018 10:03 PM

One of the most blue pill things you can do is lie about being too rich

Xkirbyx • 1 point • 11 December, 2018 10:22 PM

Habits habits habits bro. I'm going through the same it's hectic but you got it! Remember the bigger picture

[deleted] • 1 point • 11 December, 2018 10:31 PM

go for a walk

thecarryone • 1 point • 11 December, 2018 04:31 PM

Let me complain about what 95% of the world population wish...

moltenw • 1 point • 11 December, 2018 04:40 PM

Try again

someonesopinion6969 • 1 point • 11 December, 2018 05:38 PM

Use that envy to channel your own competitive nature. good luck lads!

moonunit0103 • 1 point • 11 December, 2018 05:30 PM

It is easy to become a recluse, and it isn't good for your mental health. Force yourself to put yourself out there, maybe do some traveling, find some new adventures, set some short term and long term goals for yourself.

Online chats and video games aren't the same as personal interaction. I found video games highly addictive, so I had to force myself to quit years ago. VR isn't reality.

I have depression and bipolar in my family, so I am cognizant for the need of self care. A visit to a psychologist to talk about your issues may be helpful, to rule out a mental illness, and to get some thing off your chest.

I am almost 60, a retired dentist and pharmacist living in Virginia, and would like to talk with you if you want. I have faced similar challenges and it might be helpful for you to have someone with some years of experience to help you.

someonesopinion6969 • 1 point • 11 December, 2018 05:36 PM

Practice gratitude, use this time to learn/study whatever you've wanted, do what you want. most men would kill to be in your position.

meditate, set goals, have a vision, don't just settle now you're 20, this is time to bring yourself to the next level.

this is coming from someone stuck in poverty, if you wanna teach me how to run a business, make a write up!

Africa4days • 1 point • 11 December, 2018 06:03 PM

Good shit though brother keep it up. Best thing in my opinion is to keep challenging yourself. I'm in the best mental state I have ever been in because every month I add a new challenge to my life. Last month was no nicotine or video games, this month it's waking up early everyday. Things that challenge you everyday keep you getting better and on top of your game.

Keep grinding.

Unless you find something to invest your time into you will go insane. Even 70-80 year old people work part time jobs no because they need to but because they are bored.

My uncle retired earlier than all his friends and turned heavy alcoholic real quick. He had nothing to do as all his friends were working all day.

Find something you live to do that money can't make better. Examples are sports, skills, or even another business (money can make it better but you get the point).

Maybe even try out philanthropy.