

Envision Your Lifestyle: Creating Your Retirement

Plan what you will do with your time in retirement and who you will share it with. Think about and answer the following questions to help identify what a satisfying retirement for you would look like.

Engage

How will you find purpose, satisfaction, and enjoyment in your retirement?

1. Will you work/volunteer? If so, what will you do? _____

2. List 10 activities you can do in retirement.

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

3. What will your typical weekly calendar look like?

<div style="background-color: black; color: white; padding: 2px; font-weight: bold;">SAT/SUN</div>	<div style="background-color: black; color: white; padding: 2px; font-weight: bold;">MONDAY</div>	<div style="background-color: black; color: white; padding: 2px; font-weight: bold;">TUESDAY</div>
<div style="background-color: black; color: white; padding: 2px; font-weight: bold;">WEDNESDAY</div>	<div style="background-color: black; color: white; padding: 2px; font-weight: bold;">THURSDAY</div>	<div style="background-color: black; color: white; padding: 2px; font-weight: bold;">FRIDAY</div>

Take Care of Yourself

As you seek to live a healthy life — physically and mentally, you will find that you will gain more satisfaction in retirement.

4. How will you live a healthy lifestyle?

a. Exercise _____

b. Nutrition _____

c. Medical Care _____

d. Social Activities _____

5. How will you keep your brain active and engaged?

6. How will you maintain a positive outlook in your life?

Foster Relationships

Maintaining and building meaningful relationships is an important factor in maintaining health and joy in retirement.

7. Are you near family? Who will you spend your time in retirement with?

8. How will you coordinate the timing of your retirement and your activities with your spouse/partner?

9. How can you build deeper, more meaningful relationships with others?

Take Stock in Yourself

Understand who you are and your purpose in retirement. Understanding your core values and what brings you joy will help you create a satisfying retirement.

10. What do you need to feel joy and satisfaction in life? _____

11. What do you want to accomplish? _____

12. What do you value most? List your top 3 core values.

1. _____

2. _____

3. _____