

# My Retirement Observations

Name:

Date:

**Directions:** Below are attributes you have witnessed in those who have NOT retired well and those who HAVE retired well. Check all the attributes that you have observed.

## ATTRIBUTES OF THOSE WHO HAVE NOT RETIRED WELL

Boredom

Fear of spending money

Feeling isolated

Health issues

Intellectual decline

Lack of challenges

Lack of structure

Loss of identity

Loss of spouse or partner

Marital strain

No (or not enough) hobbies

No social network

Not enough savings

Trouble adapting

Unfulfilled plans

## ATTRIBUTES OF THOSE WHO HAVE RETIRED WELL

Active bucket list

Active social life

Coaching/mentoring

Community engagement

Fulfilling hobbies

Having enough savings

Physical activity

Positive family relationships

Purpose-driven activities

Robust network

Routines

Still challenging self

Supporting a cause

Well thought-out plan

Work (at least part time)