

My Retirement Observations

Directions: Below are the attributes you have witnessed in those who have retired well and those who have not. In column one, choose the attributes that concern you; in column two, choose the attributes that you've observed.

Attributes of Those Who Have Not Retired Well

(Check all that concern you)

- Lack of challenges
- Boredom
- No (or not enough) hobbies
- No social network
- Marital strain
- Trouble adapting
- Feeling isolated
- Loss of identity
- Intellectual decline
- Lack of structure
- Upended plans
- Health issues
- Loss of spouse or partner
- Not enough savings
- Fear of spending money

Attributes of Those Who Have Retired Well

(Check all that you've observed)

- Active bucket list
- Community engagement
- Robust network
- Active social life
- Work (at least part-time)
- Fulfilling hobbies
- Routines
- Purpose-driven activities
- Well thought-out plan
- Positive family relationships
- Coaching/mentoring
- Physical activity
- Supporting a cause
- Having enough savings
- Still challenging self