

Do you see retirement as a series of incremental stages or more of a complete shift in lifestyle at a specific point in time?

1

When do you plan (or are scheduled) to retire?

2

What excites, interests, stimulates you when you contemplate retirement?

3

What doubts, concerns, worries and fears do you have about no longer having the structure and social connections associated with work?

4

What personal beliefs and principles will drive your retirement? (More time to look after yourself and family, having some fun, time to think and relax, time to pursue a hobby or special interest, time to listen, time to be me.)

5

What are your general hopes, dreams and expectations for life beyond work?

6

Do you have any immediate ideas, plans and/or projects you would like to action when you stop working?

7

8

What roles, interests and activities could anchor your life beyond work? (Select and circle any of the following options)

COMPANION	PET CARER	MENTOR	VOLUNTEER
HIKER	ENVIRONMENTALIST	GARDENER	PHOTOGRAPHER
SPECTATOR	TV WATCHER	DREAMER	SPIRITUALIST
PARTNER	SPOUSE	PARENT	GRANDPARENT
ORGANISER	ENTREPRENEUR	EXPLORER	TRAVELLER
READER	PAINTER	GOLFER	GREY NOMAD
FRIEND	COLLECTOR	SPORTING FAN	

YOUR ADDITIONS



SUPER QUESTIONS ANSWERED

What do you believe could possibly derail or upset your retirement plans?

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