



# YOUR NEXT MOVE:

*Transitioning to the New Retirement* ©

## Assessing Your Situation and Planning for Your Next Move:

### Five Essential Ingredients

As you consider retirement and envision your life after leaving work, it is useful to take stock of where you are now, as a basis for identifying areas for planning. We have identified the following five essential ingredients for you to consider as you plan your retirement.



<b><u>Purpose</u></b>	Contributions to Family & Community, Meaningful Engagement, Following Your Calling/Passion
<b><u>Leisure</u></b>	Hobbies, Enjoyment, Relaxation
<b><u>Social</u></b>	Active social network, Fulfilling personal relationships
<b><u>Health &amp; Wellness</u></b>	Physical, Emotional, & Cognitive Well-Being, Healthy Lifestyle
<b><u>Financial Security</u></b>	Investments, Income/Savings, Expenditures



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## Assessing Your Current Situation

Think about your current life in terms of each ingredient. Rate how satisfied you are in these arenas, on a scale of 1 to 5. Next, describe what makes you satisfied or dissatisfied.

1= Very dissatisfied; 2 = Somewhat dissatisfied; 3 = Neutral;  
4 = Somewhat satisfied; 5 = Very satisfied

<b>Ingredient</b>	<b>Satisfaction Rating</b>	<b>What makes you satisfied or dissatisfied with your current situation?</b>
<b>Purpose</b>		
<b>Leisure</b>		
<b>Social</b>		
<b>Health &amp; Wellness</b>		
<b>Financial Security</b>		



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## Envisioning Your Future

Think about each ingredient and describe what you would like your retirement life to look like. Identify what barriers could stand in the way and what resources can benefit you in attaining this vision.

<b>Ingredient</b>	<b>Describe Your Retirement Life</b>	<b>Identify Barriers</b>	<b>Identify Resources</b>
<b>Purpose</b>			
<b>Leisure</b>			
<b>Social</b>			
<b>Health &amp; Wellness</b>			
<b>Financial Security</b>			



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## Next Steps

Now that you have assessed where you *are* and where you might *want to be* in retirement, what actions can you take to ensure a satisfying life in retirement?

<b>Ingredient</b>	<b>Steps to Take NOW</b>	<b>Steps to Take in the FUTURE</b>
<b>Purpose</b>		
<b>Leisure</b>		
<b>Social</b>		
<b>Health &amp; Wellness</b>		
<b>Financial Security</b>		



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## Some important questions for consideration and discussion with others

<p>What have you learned from engaging in these thinking and planning exercises?</p>	
<p>Which ingredient(s) would you identify as being the most secure and established in your life?</p>	
<p>Which ingredient(s) would you identify as needing the most attention as you prepare for retirement?</p>	
<p>What activities or aspirations no longer serve you and might make sense to stop pursuing?</p>	
<p>Focusing on your greatest need, what first steps can you identify toward creating change?</p>	



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<p>What other transitions have you experienced in your life that provide insights into this retirement transition?</p>	
<p>Have you shared your ideas and concerns with a partner or close family member?</p>	
<p>Have you shared any plans or concerns with colleagues at work?</p>	
<p>What role does <b>place</b> (including home, neighborhood, and community; to be closer to certain <b>people</b>) play in your assessment of the 5 ingredients?</p>	
<p>Which friends or family members can help keep you accountable for reaching your goals?</p>	
<p>What resources are available at Washington University or in the community that can help you?</p>	