

Your Retirement Profile

Within each group, choose the phrase that best describes you, with 4 being the best and 1 being the least. Do not leave any spaces blank, and be sure each group has a 1,2,3 and 4

A I love to kick back and relax

B I love to spend time with family and friends

C I love exercising

D I love my work

A I want to spend more time on hobbies and other interests

B I want to make deeper connections

C I want to expand my interests

D I have a sense of calling

A I want to get away from work

B I want to spend more time with my spouse

C I want to seek balance and meaning

D I want to continue doing what I do

A I want to visit a lot of places

B I want to catch up with friends

C I want to prioritise my health

D I want to continue finding new challenges

A I look forward to "every day is Saturday"

B I look forward to spending more time with important people

C I look forward to more personal growth

D I look forward to interacting with people I work with

A I want to play every day

B I want to plan some family trips

C I want to pay more attention to my spiritual well-being

D I want to use my abilities to help others

A I want to start working on my "bucket list"

B I want to start making memories

C I want to get in better shape

D I want to make a difference in the world

A I want to wake up to an empty agenda

B I want to be more involved in my community

C I want to increase my energy level

D I want to feel challenged intellectually

A I have many interests to occupy my time

B I want to connect with people who share my interests

C I want to lower my stress levels

D I want to continue using my skills

A I want to travel

B I want to invest in relationships

C I want to read and learn more

D I want to be highly engaged in what I do professionally

LEISURE = Play, Travel, Hobbies

A

CONNECT = Time for family/friends

B

RENEW = Physical/mental/spiritual well-being

C

ENGAGEMENT = Professions, helping others, purpose

D