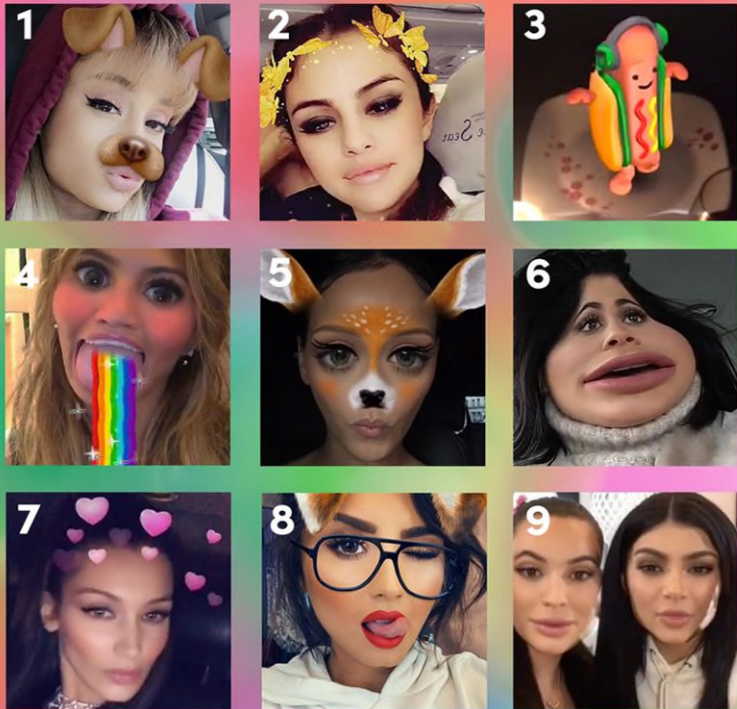


TOO OLD FOR SNAPCHAT... TOO YOUNG FOR LIFE ALERT





A white rectangular sticky note is pinned to a solid green background. The note is slightly tilted and has a small metal fastener at the top center. The text "What's the plan?" is written in a black, casual, handwritten font across the center of the note. The bottom right corner of the note is curled up.

What's
the
plan?

https://www.polleverywhere.com/free_text_polls/RON8LHFsuq7lhtS3mKRi?preview=true&controls=none



< Activities



Visual settings



Edit



Loading...



- 65-year-old couple retiring 2022 - average of \$315,000 in healthcare and medical expenses.
- Just 40% of 45–59 and only 48% of those over 60 felt prepared.
- Social Security is designed to replace only 40% of the average salary after retirement.



An illustration of a woman with dark hair, wearing a blue dress and glasses, holding a long, winding scroll. The scroll is filled with a checklist of items, including a house, a car, a person, and a clock. The scroll is coiled in a large loop and then extends to the right, ending in a small piece of paper. The background is white.

THINGS TO DO AFTER I RETIRE



**HELP!
I'VE
FALLEN
AND I
CAN'T
GET UP!**

The 5 Ws



WHO



WHAT



WHEN



WHERE



WHY

WHO?

Think about your social network. Think about the people you spend the most time with today and how that may change when you retire. Rank the list below by entering a number between 1 and 6 in each column, where 1 = the people with whom you spend the most time and 6 is where you spend the least amount of time.

WHAT?

Think about how you spend your time today and how that may change when you retire. Rank the list below by entering a number between 1 and 10 in each column, where 1 = the activities in which you spend the most time and 10 = the activities where you spend the least amount of time.

WHEN?

What are the main factors influencing the timing of your retirement?

When do you plan to retire based on your personal definition of retirement?

WHERE?

What are the main factors that influenced your decision for where you live today and what factors will influence where you live in retirement?

WHY?

Think about what provides you with the most fulfillment and meaning in your life today and how that may change when you retire. Rank the list below by entering a number between 1 and 9 in each column, where 1 = what provides you the most fulfillment.



Garden

Exercise

Travel

Take Classes

Write

Read

Grandchildren

Volunteer

Mentor

Move

Work

Start a Business

Language

Sense of **P**urpose

Uses time

Socialize

Practice **H**ealthy behaviors

Experience Gratitude

Focus on **S**trengths and abilities

Song credit:

“The Retirement Song” by Wayne Barnes

