

Appendix 2

Lifestyle Goals

Make a list of six things you would love to do when you retire?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Next, write down how much time you currently spend on these activities.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

RETIREMENT SEMINARS

