

Appendix 5

Identify Your Life Goals

1. What are the main things you will miss from work, but would rather not give up when you retire?

2. List the skills you have developed through work.

3. List several current leisure activities and the reasons you enjoy them.

4. List helpful hints from others who have already retired. (Particularly people who have been retired for over one year. Please see attached testimonials).

5. List organizations that may fulfill your sense of contributing to society – volunteering.

6. List the things you expect to enjoy in retirement. (Refer to your Lifestyle Goals list, possibly adding to that list).

RETIREMENT SEMINARS

