

Am I fulfilled?

A Well-Being Assessment



Checklist

To make the best of your retirement is to regularly question the lifestyle you are leading. Ask yourself the following questions at least once a year. Your answers will help you make sure you stay on track for a meaningful and happy retirement.

- Am I in control of how I want to live my life?
- Am I spending enough time with my close friends?
- Do I make the most of my money to give me the best quality of life?
- Do I watch too much T.V.?
- Does my lifestyle complement my partner's?
- Do I travel as much as I like?
- Am I committing enough time to making this world a better place?
- Am I indulging in creative endeavours?
- Do I exercise enough in a way that is enjoyable?
- Do I complain too much?
- Am I grateful as I should be for what I have in my life?
- Am I continually learning something new?
- Do I do something special for myself each and every day?
- Am I engaging my mind?
- Am I living in a place that I enjoy and suits my needs?
- Do I have everything I need to be happy?

Food for Thought

Ask yourself the following questions and work the answers into your life plan:

- What can I pursue in my retirement that has a strong sense of meaning?
- What can I do that is unique and intriguing to me?
- What can I do to make my retirement more fulfilling?