Career
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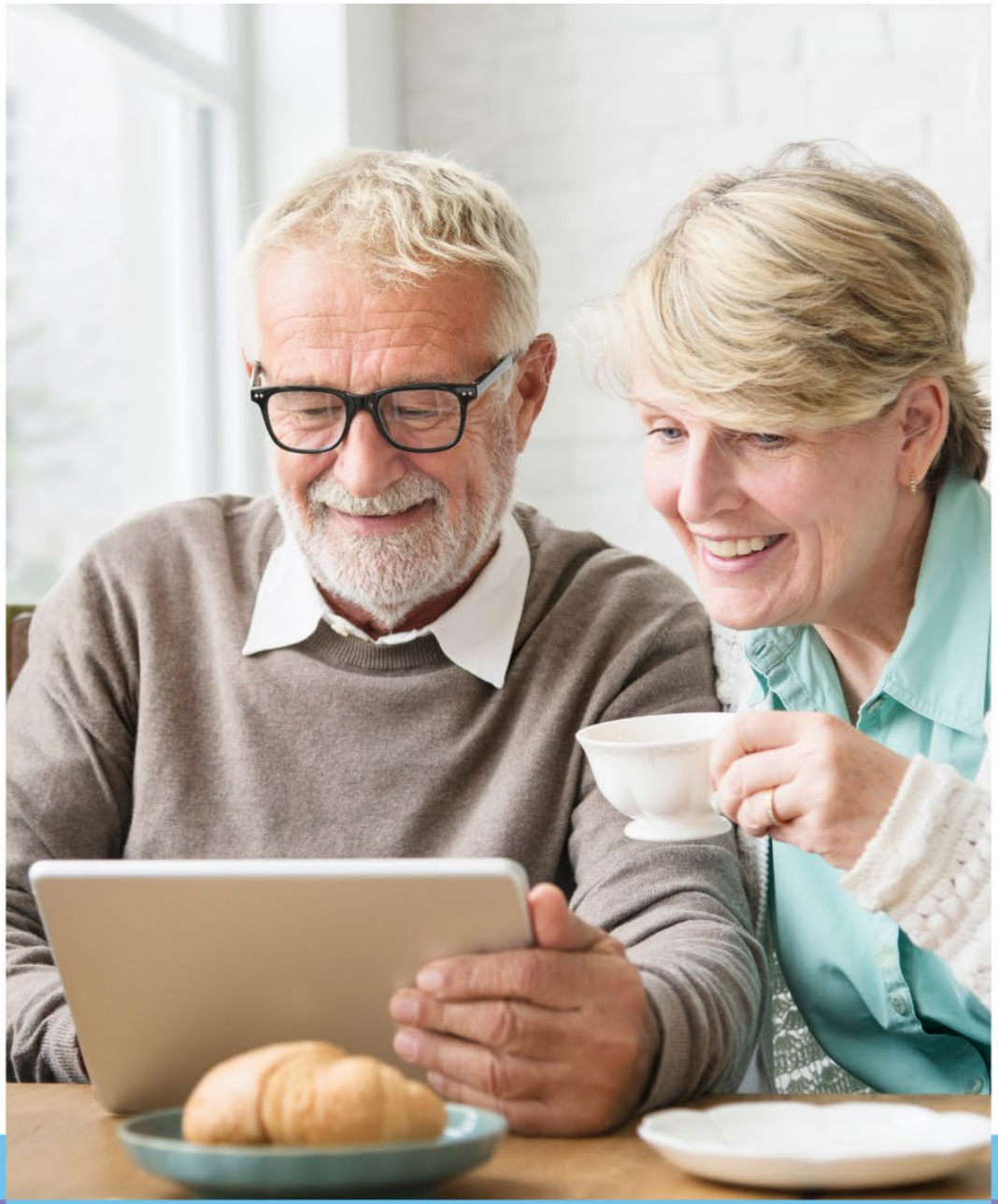
# FIND OUT IF YOU ARE READY FOR RETIREMENT



# QUESTIONNAIRE

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# QUESTIONNAIRE

By completing the retirement questionnaire, you will find out if you are ready for retirement. It raises questions you have probably never thought of.

1. **How will leaving the workforce make you feel? Take some time to think about what you are feeling and be honest with yourself. Are your hopes too high? Are you a little fearful? Retirement may not have any negative impact on your emotions, but it is a good idea to think ahead and know what to expect. For example...**

- "Thrilled, can't wait"...
- Neutral...
- Unsure / uncomfortable...
- like I'm losing a piece of my identity...
- I don't know...

2. **What is the first item you want to tackle when you retire? Write down the first three, five or ten things you want to do. Don't expect to achieve them all in the first few weeks. You will likely have plenty of years to fill with the things you want to do. For example...**

- Taking a trip...
- Renovating the kitchen...
- Setting up a weekly tee time...
- Lying in a hammock...

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3. **What are you looking forward to in retirement? Think about both the benefits and the possible pitfalls of "getting what you want." You know the old saying: "Be careful what you wish for …" Thinking about both the ups and downs ahead of time can help ensure your expectations are realistic. For example...**

- Being in charge of my own time...
- Spending more time with my spouse / partner...
- No more traffic or office politics...
- No more work stress...

4. **What is the biggest barrier to being able to do what you want in retirement? Think ahead about potential roadblocks to your retirement vision Take some time to really plan how you might deal with them. For example...**

- Caring for a parent / spouse / child...
- Not enough money...
- Health concerns...
- All your friends will still be working...
- Your world has revolved around work, and you just don't know where to start...

5. **If you have a spouse or partner, how will your retirement affect him or her? Identify areas where your thoughts may differ. Discuss how you can work together to make the best of retirement for both of you. For example...**

- My partner is thrilled I'll be retiring and looks forward to new adventures together...
- My spouse will still be working...
- He/she expects me to take over all the household duties...
- My partner hopes we'll be spending a lot more time together, but I'm not sure that's what I want...
- I don't know what my spouse thinks about my impending retirement....
- Your world has revolved around work, and you just don't know...


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6. **If you have children, how do they feel about your retirement? Talk to your children about their – and your – expectations. If necessary, decide on the ground rules and boundaries. For Example …**

- Awesome – free babysitting will be available 24 / 7…
- They're so glad I'll now have time to relax and do the things I enjoy…
- They're afraid I'm going to butt into their lives once I retire…
- They're looking forward to being able to spend more time with me…
- They don't think I'll like retirement…

7. **What worries you about retirement? Be realistic about what worries you, take steps to address - what you can control and let go of what you can't. For example…**

- Having too much time and not enough to do…
- Not having enough time or money to do everything I want to do…
- Getting older and declining physically or mentally…
- Missing work…
- Not having a "purpose" …
- I'm not worried about a thing…

If any of the above information struck a chord with you, please go right ahead and visit our website. Enjoy your retirement without losing the sense of discovery and self-worth with Career Coaching and Training's retirement coaching to ensure you are geared towards the best years of your life.

Visit https://careercoachingandtraining.com.au/retirement-coaching/

to book our Retirement Coaching Session

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