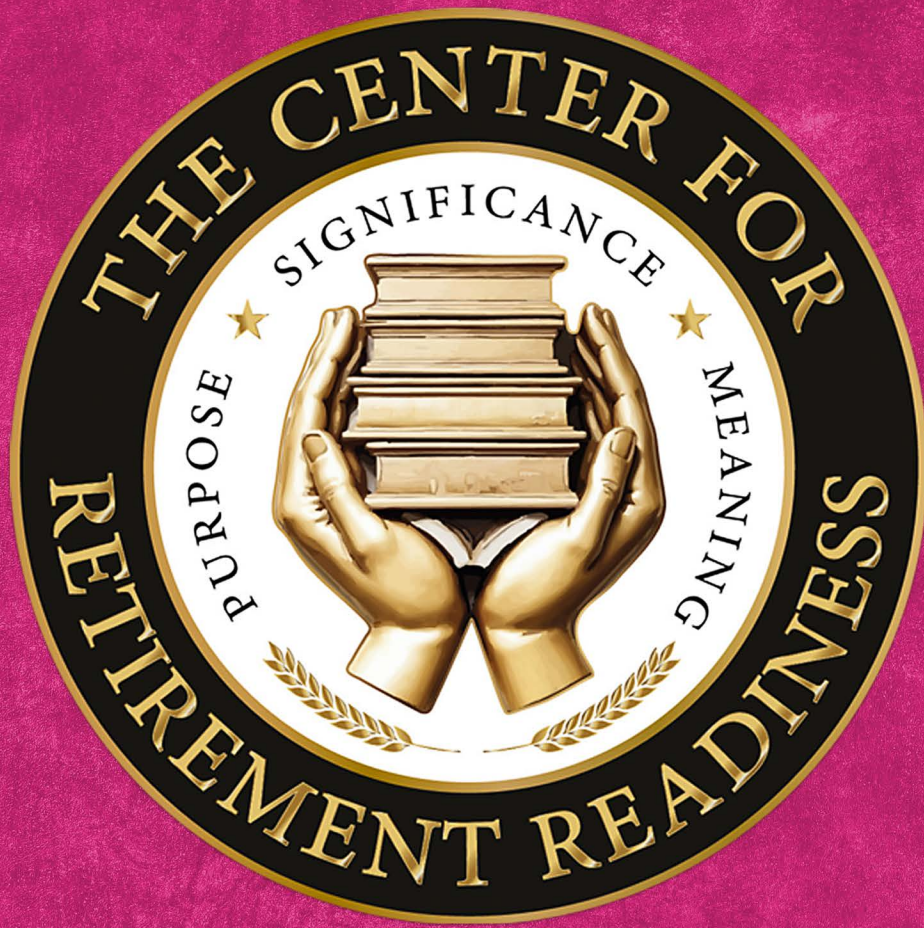




THE TOP 60 QUESTIONS TO ASK YOURSELF IN RETIREMENT

STEP 1

Begin Your Journey

Discover Where Your Retirement Journey Begins

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The Top 60 Questions That Will Kick You in the Soul and Steal Your Prune Juice

Let's get one thing straight: **Retirement** is not your grand **farewell tour**. It's not a slow shuffle into a **recliner** with a blanket over your knees and a DVR full of **game shows**. No, no, no. Retirement is your **second act**, your **plot twist**, your glorious, slightly weird **comeback special**.

You didn't survive decades of **fluorescent lighting**, **staff meetings**, **burnt coffee**, and **office birthday cakes** made entirely of **disappointment**... just to retire and become the **unpaid manager** of your homeowners association.

And yet, here you are—with every **calendar day** suddenly blanker than your **memory** when you walk into a room and forget why you're there.

So what do most people do?

They ask the **usual stuff**:

- “Do I have enough **saved**?”
- “What's the deal with **Medicare**?”
- “Should I move to **Florida** or just crank the heat and wear **flip-flops indoors**?”

Useful questions? Sure.

But let's be honest—they're about as **inspiring** as a **bran muffin**.

What you really need isn't more **advice**.

You need a reality check from the **universe**—delivered with **love** and possibly a **pie to the face**.

And that's what this **guide** delivers.

These 60 questions are not polite little **conversation starters**. They're big, juicy, occasionally uncomfortable **soul-slappers**. They're here to:

- **Yank** you out of **autopilot**
- **Kick** your **comfort zone** square in the **khakis**
- And whisper: "Psst... you're not done yet, **legend**."

These are not "**bucket list**" questions.

They're **gut-check** questions.

The kind that make you pause **mid-sandwich** and think, "Am I really living—or just killing time between episodes of **Jeopardy?**"

They'll make you **laugh, cry**, possibly **question** your **life choices**, and definitely wonder how many **throw pillows** one human actually needs.

They'll ask:

- What brings you **joy** (besides **grilled cheese**)?
- Who do you still need to **forgive** (besides your **high school haircut**)?
- What kind of **legacy** do you want to **leave** (besides a **garage full of tangled extension cords**)?

You can answer them in a **journal**.

You can shout them to the **clouds**.

You can ponder them while **floating** in a **pool** shaped like a **giant pineapple**. There are no rules here.

Because this isn't about **retirement on paper**—it's about **retirement on purpose**.

This is your **time**. Your **reset**. Your **reinvention**.

Not a gentle **glide** into **golden years**, but a joyful **cannonball** into the **deep end** of life.

So grab a **pen**. Or a **crayon**. Or a **cocktail umbrella** if that's all you've got handy.

Because the most **thrilling, meaningful, laughter-filled** chapters of your life?

They don't live in the past.

They live in the **questions** you dare to ask **next**.

And in the glorious **weirdness** of what comes **after**.

IDENTITY & REINVENTION

1. Who am I without my career title?

Retirement often means the loss of an identity that was tied to your profession for decades. Without the daily affirmation of work, many retirees feel unmoored. This question invites you to explore your core values, interests, and passions beyond the workplace. Who are you when you strip away job titles, responsibilities, and accolades? Reinventing your identity is essential to building a purposeful life in retirement.

2. What parts of myself have I neglected that I now want to explore?

Life often forces us to suppress hobbies, dreams, or aspects of ourselves in favor of career and family obligations. Retirement is your second chance to revisit those neglected passions. Whether it's creativity, spirituality, or personal growth, this question opens the door to self-discovery. It's a prompt to reawaken dormant aspects of your personality. Exploration now becomes an act of fulfillment rather than a luxury.

3. How do I want others to describe me in this next chapter?

Legacy isn't just about money—it's about how you're remembered and experienced by others. This question pushes you to consider the character traits, contributions, and presence you want to offer. Do you want to be seen as generous, adventurous, wise, or compassionate? Reflecting on this can shape your daily actions and influence the way you show up in relationships and your community.

4. What roles do I want to play now—mentor, volunteer, artist, learner?

Retirement frees you to choose roles based on meaning, not necessity. You're no longer limited to the labels of employee or manager—you can redefine yourself as anything you want. This question encourages you to explore identities that align with your values. Whether you want to give back, create, learn, or lead, now is the time to step into those roles fully.

5. What kind of growth still matters to me?

Just because you've retired doesn't mean you've stopped evolving. Emotional, intellectual, and spiritual growth can be even more rewarding in this stage of life. This question invites you to identify areas of personal development you still care about. It could be mastering a skill, deepening your faith, or improving relationships. Growth gives retirement energy, direction, and joy.

6. Have I truly let go of the person I used to be—or am I still clinging to the past?

Letting go of your former self can be both liberating and painful. This question digs into whether you've released your past identity or are still emotionally attached to it. If you're holding on, it may be time to process that chapter and turn the page. A new life won't begin until you stop trying to live your old one. Reflection and acceptance are essential.

7. How can I design a life that feels more like me now?

Retirement is an invitation to create a lifestyle by choice, not by habit. This question encourages you to imagine your life like a blank canvas—what rhythms, spaces, people, and experiences reflect your truest self? It's about crafting a day-to-day existence that feels aligned. You're not retiring from life; you're retiring into it.

8. What would I do differently if I had nothing to prove?

Many decisions in life are made out of obligation, competition, or ego. This question strips away those layers and asks what would change if you were free from expectation. What passions would you pursue, and how would you live? In retirement, you're not here to impress—you're here to enjoy. That truth can be profoundly liberating.

9. What does success look like for me now?

Success in retirement isn't about promotions or paychecks—it's about fulfillment. This question reframes success in terms of happiness, peace, contribution, or personal joy. It invites you to let go of external definitions and craft your own. Defining success now is about living on your own terms and finding contentment in simpler, deeper things.

10. What am I no longer willing to tolerate?

With freedom comes choice—and that means drawing boundaries. This question is about releasing the burdens, people, routines, and obligations that drain you. Retirement is the perfect time to say no without guilt and yes to what energizes you. Clarity about what you won't accept creates space for what you truly want.

CONNECTION & RELATIONSHIPS

11. Who do I want to spend more time with—and why?

Now that time is abundant, you get to be intentional about who you give it to. This question focuses on the relationships that energize and uplift you. Retirement lets you reconnect with loved ones or invest more deeply in meaningful friendships. Time with the right people is one of the best uses of your freedom.

12. How can I strengthen my relationship with my spouse or partner now that we're both home more?

Retirement changes relationship dynamics, especially for couples. This question highlights the need for communication, space, and shared experiences. Without the structure of work, roles may need renegotiation. Strengthening the bond takes awareness, intentional effort, and mutual growth.

13. How do I want to show up for my children and grandchildren?

This question encourages you to think about the legacy of presence. It's not just about inheritance—it's about influence. Being an active part of your family's life can offer deep purpose. Whether as a storyteller, supporter, or cheerleader, your role can be transformative.

14. Who do I need to forgive—or ask forgiveness from—before time runs out?

Unresolved emotional pain can cloud this chapter of life. This question is about healing old wounds and freeing yourself from regret. Forgiveness doesn't mean forgetting—it means reclaiming peace. The emotional freedom it brings can open the door to joy, connection, and meaning.

15. What kind of social circle do I want to cultivate now?

Friendships in retirement should inspire, support, and engage you. This question prompts you to think about who you want in your orbit. Maybe it's time to let go of toxic ties and seek out people with shared values and passions. Building a healthy community adds richness to your daily life.

16. How can I meet new people who inspire or challenge me?

It's easy to become isolated in retirement, but connection is key to vitality. This question encourages proactive relationship-building. Whether through volunteering, hobbies, or travel, there are endless ways to meet others. Meaningful social interactions boost health, happiness, and longevity.

17. What does it mean to be a good friend at this stage of life?

This question flips the focus from receiving to giving. It challenges you to think about how you can support, listen, and show up for others. Friendship in retirement isn't about convenience—it's about presence and depth. Being a good friend often leads to becoming a better person.

18. What relationships do I need to heal or redefine?

Some relationships may no longer serve your well-being, while others might need a new framework. This question invites you to evaluate the emotional cost or value of your connections. Healing or redefining relationships is a courageous act that can clear emotional clutter and restore peace.

19. How can I be less lonely and more connected?

Loneliness can creep in silently during retirement. This question is about identifying practical ways to invite connection into your life. It could mean joining a club, volunteering, or simply calling a friend more often. Human connection is as vital as any retirement plan.

20. Am I making enough room for fun, laughter, and spontaneity with others?

Not every moment needs to be meaningful—some just need to be fun. This question encourages you to make room for playfulness, humor, and light-hearted connection. Laughter strengthens bonds, reduces stress, and makes life more vibrant. Retirement isn't just for rest—it's for joy.

STEP 2

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Retirement Readiness Kit

Get Your Complete Retirement Readiness Kit – Free!

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Founder & Owner

Wealth Bridge Advisory Services, LLC



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PURPOSE & MEANING

21. What gives my life meaning now that I'm no longer working?

Retirement often leaves a void where work once provided structure, identity, and purpose. This question helps uncover what now brings you fulfillment. Is it family, community service, creativity, or spiritual growth? Understanding your new source of meaning is essential to feeling alive and engaged in this next chapter. Without purpose, time feels empty—but with it, every day matters.

22. What legacy do I want to live, not just leave?

Many retirees think of legacy in terms of what happens after they're gone. But this question flips the script—it's about how you live right now. Are you embodying the values, wisdom, and generosity you hope to be remembered for? Legacy is a living thing, shaped daily by your actions. It's not just about assets—it's about impact.

23. What causes or missions am I passionate about supporting?

Now that your time is your own, you can align it with your values. This question invites you to explore charitable, social, or humanitarian causes that matter deeply to you. Whether it's mentoring youth, protecting the environment, or advancing education, there's a place for your gifts. Purpose expands when you give it away.

24. What problem in the world still breaks my heart—and what can I do about it?

Some problems stay with us because they strike a deep emotional chord. This question helps identify an issue that matters so much you feel called to act. Retirement offers the time, wisdom, and experience to make a difference. Even a small act can ripple outward when it's born from empathy and intention.

25. What unfinished dreams do I still want to pursue?

Just because you're retired doesn't mean your dreams expire. This question challenges the idea that certain goals are "too late" or "too big." Whether it's writing a book, starting a business, or traveling the world, unfinished dreams still deserve a shot. Purpose is often hidden inside postponed passion.

26. What would a purposeful week look like for me?

It's easy for retirement to blur into one long weekend, but structure can fuel meaning. This question invites you to visualize a week that balances productivity, rest, service, learning, and joy. A purpose-filled schedule gives your days direction without being rigid. The goal isn't to stay busy—it's to stay intentional.

27. What role does faith or spirituality play in my life now?

As life slows down, deeper questions tend to surface. This question invites you to reflect on your spiritual path, whatever form that takes. It could mean organized religion, meditation, nature, or something else entirely. Exploring this now can provide peace, perspective, and a sense of connection to something greater than yourself.

28. Who needs me right now, and how can I show up for them?

Purpose often reveals itself in service. This question shifts your focus outward—to those in your life or community who need support, love, or wisdom. It's not always about formal volunteering; it's about being present and intentional. When you become the answer to someone else's need, your life expands in meaning.

29. What can I teach, mentor, or pass down to others?

You've lived through decades of experience, successes, and mistakes—which means you have wisdom to share. This question helps you identify ways to pass that on, whether through mentorship, writing, storytelling, or one-on-one conversations. Leaving behind a legacy of knowledge is one of the most meaningful gifts you can give.

30. What story do I want to tell with the rest of my life?

This question invites you to view retirement not as an epilogue—but as the final act of a great story. How do you want the next chapters to read? Bold, adventurous, generous, peaceful? You are still the author of your life, and the pages are blank. Write something beautiful and true to you.

HEALTH & LONGEVITY

31. How do I want to feel physically 5, 10, or 20 years from now?

This question forces you to think beyond the present and envision your future self. It's not about avoiding aging—it's about aging well. Visualizing your ideal health state gives you a target to work toward and helps you make better choices today. Whether it's strength, energy, mobility, or resilience, your habits now shape how you'll feel later. Longevity without vitality is a hollow victory.

32. What habits am I willing to adopt to improve or preserve my health?

Good intentions mean little without action. This question brings clarity and commitment—what changes are you truly willing to make? Is it daily walks, better nutrition, strength training, sleep routines, or stress reduction? You don't need to be perfect, but you do need to be consistent. Small, intentional habits compound over time.

33. Am I doing enough to protect my mental and emotional well-being?

Retirement can bring unexpected waves of anxiety, depression, or loneliness. This question invites you to check in with your inner world. Are you mentally stimulated? Are you emotionally supported? Mental health is just as critical as physical health, and proactive care—through therapy, mindfulness, or connection—can make all the difference.

34. What's my plan to stay active and mobile for as long as possible?

Movement is medicine, especially in retirement. This question is about building an active lifestyle that supports independence and mobility. It might mean structured exercise, recreational sports, gardening, or dance. Staying mobile is one of the strongest predictors of long-term quality of life. Sitting is the new smoking—so what's your antidote?

35. How do I nourish my body now that I'm not on a work schedule?

Retirement can lead to mindless eating or skipped meals when you lose the structure of the workday. This question encourages a return to intentional eating—choosing foods that energize, heal, and satisfy. How you feed your body directly affects your energy, mood, and longevity. Make every bite a vote for the life you want.

36. What is my relationship with rest, sleep, and recovery?

You've earned the right to rest—but there's a difference between lazy habits and true restoration. This question explores whether you're getting the quality sleep and downtime your body actually needs. Recovery supports immunity, mental clarity, and longevity. Deep rest isn't indulgent—it's essential.

37. What medical screenings, checkups, or proactive care have I been avoiding?

Many retirees delay or avoid necessary health care due to fear, cost, or discomfort. But avoidance only magnifies risk. This question is about facing health head-on and staying ahead of potential problems. Prevention is far more powerful than treatment, and taking control of your health today could save you pain—or your life—tomorrow.

38. How am I protecting myself from cognitive decline?

As you age, brain health becomes just as crucial as physical health. This question encourages you to engage in activities that promote cognitive sharpness—like learning, puzzles, reading, or social interaction. Your brain craves stimulation and variety. Protecting it now means staying mentally agile later.

39. Do I have a plan if my health suddenly changes or declines?

It's not pessimistic—it's practical. This question forces you to think about contingencies. Who will help? Where will you go? How will you handle the financial, emotional, and physical aspects of sudden illness or disability? Planning now relieves future stress for you and your loved ones.

40. What does “healthy aging” mean to me—and how can I embody it daily?

This question asks you to define your own version of aging well. Maybe it's about vitality, independence, attitude, or purpose. Once you know what healthy aging looks like to you, you can align your habits, mindset, and choices accordingly. The goal isn't just to live longer—but to live better.

JOY & EXPLORATION

41. What have I always wanted to do—but never had the time for?

Retirement gives you back something priceless: time. This question asks you to finally honor those dreams that got pushed to the back burner. Was it learning an instrument, writing a novel, seeing the world, or mastering a skill? There's no longer a boss, deadline, or excuse standing in your way. If not now, when?

42. What hobbies or interests light me up?

Joy is often found in the things that make you lose track of time. This question helps you identify your personal sources of play, curiosity, and satisfaction. Whether it's photography, woodworking, dancing, or birdwatching—these aren't distractions. They're soul fuel. Retirement is the perfect time to dive in headfirst.

43. How can I bring more spontaneity and adventure into my life?

Routine brings comfort—but adventure brings vitality. This question urges you to shake things up. Not every adventure is a world tour—sometimes it's trying a new cuisine, taking a different route, or saying yes when you normally say no. The goal isn't to escape life, but to embrace it fully.

44. What kind of travel excites me—and what's stopping me from going?

Whether it's a weekend road trip or a bucket list journey abroad, travel renews perspective and inspires joy. This question is about more than geography—it's about growth, wonder, and memories. Don't let fear, finances, or "someday" stop you from planning what could become a highlight of your retirement.

45. How do I define fun now—and am I having enough of it?

Fun evolves over time, and in retirement, it deserves a front-row seat. This question challenges the notion that aging means slowing down or playing it safe. What brings you laughter, excitement, or thrill? Fun is fuel for the soul, and too many retirees go without it. Don't be one of them.

46. What makes me feel most alive?

This is about energy, not age. This question encourages deep reflection on the activities, people, or environments that make your spirit soar. When was the last time you felt truly vibrant? Your life should include more of that. Follow what enlivens you, and your days will never feel wasted.

47. What kind of environment makes me happiest?

Where you live and what surrounds you can significantly impact your well-being. This question asks whether your current environment supports your joy—or stifles it. Do you crave ocean breezes, mountain trails, quiet towns, or lively cities? Retirement is the time to curate your surroundings intentionally.

48. Am I making time to laugh—really laugh—often?

Laughter is not trivial—it's medicine. This question is a check-in: Are you prioritizing humor, playfulness, and levity? Retirement should include stories that end in tears of laughter, not just to-do lists. Whether it's through movies, grandkids, or goofy friends, make laughter a daily dose.

49. What experiences do I want to collect—not just things?

Joy often comes from what you do, not what you own. This question shifts your focus from possessions to moments. What memories do you still want to make? Whether it's skydiving, dancing at a music festival, or sipping tea on a quiet morning abroad—experiences become your most cherished retirement portfolio.

50. How can I live more fully, boldly, and unapologetically in this chapter?

This is your permission slip to go all in. This question asks what it would look like to stop playing small, stop holding back, and start living with full-hearted courage. Whether it's in how you dress, who you love, or what you pursue, retirement isn't a retreat—it's a rebirth. Own it.

LEGACY & IMPACT

51. How do I want to be remembered?

This question goes beyond what you leave behind—it's about how you live right now. What values do you want to be known for? What moments will others retell when you're not in the room? Your legacy isn't just a eulogy—it's the wake your life creates every single day. It begins now, not later.

52. What values do I want to pass on to the next generation?

Your children and grandchildren will inherit more than your money—they'll inherit your example. This question asks you to consider the principles, beliefs, and habits that define your life. Whether it's resilience, faith, generosity, or integrity, values are the most lasting legacy. The way you live today will echo for decades.

53. What wisdom do I want to share while I'm still here?

You've gained insight through years of success, failure, love, loss, and growth. This question encourages you to be intentional about sharing that wisdom while you're still able. Whether it's through conversation, writing, mentoring, or storytelling, your experiences have the power to guide others—if you choose to speak them.

54. Who needs to hear my story—and have I told it yet?

You have a life story no one else can tell. This question challenges you to preserve and pass on your journey while it's still fresh. Whether it's triumph, trauma, transformation, or all three, your story holds power. It can teach, comfort, inspire, and connect—but only if you share it.

55. What contributions have I made that I'm most proud of?

This is a reflection on the mark you've already made. It invites you to acknowledge and celebrate your impact—whether in work, family, friendships, or community. Recognizing your contributions brings a sense of completion, gratitude, and confidence. You've already mattered—and you still do.

56. What unfinished business do I need to address before it's too late?

Life is short—but regret can last a lifetime. This question shines a light on the conversations you've avoided, the apologies left unsaid, or the dreams not yet acted on. It's a gentle nudge to tie up loose ends so you can move forward lighter, freer, and more at peace.

57. How can I make a difference with the resources I've been blessed with?

Whether you have time, wealth, skills, or love to give—your resources can change lives. This question reframes giving as a form of power and purpose. You don't have to be a millionaire to be a philanthropist. Thoughtful giving, whether through money or mentorship, can ripple far beyond your lifetime.

58. What do I want to create that will outlive me?

This question invites you to think about legacy in tangible form. Maybe it's a foundation, a book, a scholarship, a family tradition, or a garden. What can you build or leave behind that will continue to reflect your essence long after you're gone? Creation is a beautiful form of immortality.

59. Have I said the things I need to say to the people I love most?

Too often, the most important words go unsaid until it's too late. This question is a bold prompt to speak your heart—to express love, gratitude, forgiveness, or admiration. Those words don't just matter to others—they bring you peace. Say them while you still can. Say them today.

60. If today were the end, would I feel complete with how I've lived?

This is the ultimate question of reflection and closure. It's not meant to scare you—it's meant to inspire you to live with urgency, presence, and intentionality. If there's something missing, change it. If there's something unfinished, begin it. You can't rewrite the beginning—but you can absolutely rewrite the ending.

CONCLUSION: Your Retirement Is Not a Couch. It's a Catapult.

Let's get something straight right now: **Retirement** is not a **victory lap** where you melt into a **recliner** and slowly become one with the **upholstery**. Nope. Retirement is your **cosmic permission slip** to stop giving a **flying fig** about what anyone thinks and finally start doing life **your way**—**loud, weird, joyful**, maybe slightly **inappropriate**, and absolutely **unforgettable**.

These 60 questions? They're not cute **journaling prompts**. They're **truth bombs** wearing **clown wigs**. They're **spiritual wedgies** designed to yank you out of **Netflix purgatory** and smack you lovingly across the **soul**.

You've spent decades doing the **responsible adult thing**—raising **kids**, climbing **corporate ladders**, attending **meetings** that should've been **emails**, and pretending to enjoy **potlucks**. But now? NOW is your time to **question everything**:

- “Do I *actually* like **golf** or have I just been **faking it** since 1998?”
- “What's stopping me from learning **salsa, skydiving**, or starting a YouTube channel about angry **squirrels**?”
- “How much **joy** can I cram into the next 30 years without throwing out my **back**?”

Spoiler alert: You are not **expired**.

You are not **irrelevant**.

You are not the ghost of **hobbies past**.

You are a **glitter cannon** of **potential**, and the **universe** just gave you the **remote**.

So whether you tackle one question a **week**, wallpaper your **bathroom** with them, or shout them from the **balcony** in your **bathrobe** while confusing the **neighbors**—you do you. These questions aren't here to **scold** or **lecture**.

They're here to hand you the **keys** to the **wild, purpose-filled, laughter-soaked, amazing second act** you didn't know you were allowed to have.

You're not **done**. You're just **preheating**.
Now grab a **pen**. Or a **margarita**. Or **both**.

Because the most hilarious, meaningful, and **pants-wettingly awesome** parts of your life?

They don't live in the past.

They live in the **questions** you've just **answered**.

And if that's not **retirement done right**...

Well then, someone clearly didn't read the **guide**.

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