

# CULTIVATING HUMOR IN RETIREMENT

*Bring More Laughter, Joy, And Playfulness Into Daily Life*

	YES	NO
1 Do you actively seek out things that make you laugh or smile each day?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you kept a sense of humor about the aging process and life's changes?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you enjoy watching comedies, reading humorous books, or listening to funny stories?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you surrounded yourself with people who uplift your mood and share in lighthearted moments?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you find ways to be playful or spontaneous in your daily life?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you let go of the need to take everything seriously or perfectly?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you enjoy making others laugh and bringing levity to conversations?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you found humor helpful in managing stress, setbacks, or difficult emotions?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you intentionally create space for joy and fun, even in quiet or ordinary moments?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you open to seeing the absurd, the silly, or the beautiful in everyday situations?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Living With Joy And Playful Perspective: Your ability to embrace humor is enriching your retirement with connection, resilience, and emotional vitality.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You're inviting humor into your life, and with more consistency, it can become a powerful source of lightness and renewal.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Without humor, life may feel too heavy—now is the time to reconnect with laughter, joy, and the healing power of play.