

CREATING YOUR DAILY ROUTINE

Design A Daily Plan That Keeps You Engaged And Fulfilled

	YES	NO
1 Do you have a consistent wake-up and sleep schedule that supports your health?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you identified daily activities that give you purpose and structure?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you schedule regular exercise, walks, or physical activity each day?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you included time for hobbies or creative pursuits in your daily routine?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you plan social interactions or community involvement throughout the week?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you balancing relaxation with mentally stimulating tasks each day?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you have a plan for healthy eating and meal preparation in retirement?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you limited screen time or digital distractions during the day?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you set small goals for your week to maintain a sense of progress?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you satisfied with the balance between productivity and leisure in your day?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



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What Your Answers Might Mean:



7–10 Yes Answers: You've Built A Strong Daily Retirement Rhythm. Your routine reflects clear planning and a healthy balance that supports a fulfilling lifestyle.



4–6 Yes Answers: You're On The Right Path But Can Fine-Tune. You've laid some strong groundwork, but a few adjustments could enhance your satisfaction and well-being.



0–3 Yes Answers: Your Routine May Lack Balance And Intent. Now is the time to establish structure and intention to avoid drifting and disengagement in retirement.

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