

# ARE YOU EMOTIONALLY READY TO RETIRE?

*Retirement Isn't Just a Financial Decision — It's a Life Decision.*

	YES	NO
1 Do you feel excited—rather than anxious—about the idea of not working anymore?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you envisioned how you will spend your time on a daily and weekly basis once retired?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you have hobbies, interests, or passions you're looking forward to exploring or deepening?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you thought about how retirement will affect your identity, purpose, or sense of contribution?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you have a strong support network of friends, family, or community connections outside of work?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you comfortable with the idea of slowing down and embracing a different pace of life?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you and your partner (if applicable) share similar visions of what retirement will look like?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you considered potential emotional challenges like boredom, loneliness, or a loss of routine?	<input type="checkbox"/>	<input type="checkbox"/>
9 Are you looking forward to creating a new rhythm that doesn't revolve around a work schedule?	<input type="checkbox"/>	<input type="checkbox"/>
10 Would you feel more confident about retiring knowing your emotional and social needs have been planned for?	<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're likely emotionally ready to begin this exciting next chapter. Retirement could be a joyful and meaningful experience for you.



**4–6 Yes Answers:** You're on the way. Addressing any uncertainties now can help make the emotional transition smoother and more fulfilling.



**0–3 Yes Answers:** You may need more time to prepare emotionally for the shift retirement brings. Start exploring your interests, values, and goals now.