

EMBRACING UNSTRUCTURED TIME

Honor Your Journey And Share The Legacy You've Lived

	YES	NO
1 Do you allow yourself stretches of time without a fixed agenda or to-do list?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you learned to enjoy moments of stillness without feeling guilty or restless?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you resist the urge to constantly fill your calendar with activities or obligations?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you noticed creative ideas or emotional clarity emerging during unscheduled time?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you take breaks from technology and allow yourself to simply "be"?	<input type="checkbox"/>	<input type="checkbox"/>
6 Are you comfortable spending time alone without needing constant stimulation?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you used unstructured time to reflect, daydream, or explore curiosity?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you give yourself permission to pause and rest even when nothing is "productive"?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you communicated to others that you value unstructured time as part of your lifestyle?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you see unstructured time as a source of peace, not just as empty space?	<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 Ease And Intentional Space: You've embraced unstructured time as a vital part of your well-being, allowing creativity, rest, and clarity to flourish.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You've begun allowing for stillness, but with more practice, unstructured time could become an even more powerful part of your rhythm.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Constant structure may be limiting your sense of freedom—now is the time to explore the richness that unstructured time can offer.