

EMBRACING SLOWER LIVING

Let Go Of Hurry And Find Peace In Everyday Moments

	YES	NO
1 Do you intentionally build unhurried moments into your daily routine?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you minimized unnecessary commitments or obligations that drain your energy?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you regularly pause to enjoy small details, like nature, meals, or meaningful conversation?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you created spaces in your home or life that encourage calm and reflection?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you avoid multitasking in favor of focusing on one task or interaction at a time?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you set boundaries with technology to reduce distractions and stress?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you evaluate decisions based on how they align with your values, not just productivity?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you developed personal rituals that bring rhythm and mindfulness to your day?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you feel more fulfilled by presence and peace than by constant activity or output?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you committed to designing a life that favors quality, presence, and intention?	<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 Intention And Inner Calm: Your slow living mindset is creating space for clarity, connection, and contentment in your daily life.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're beginning to slow down meaningfully, and with more consistency, your lifestyle will become even more grounded and peaceful.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Without slowing down, you may feel overwhelmed or disconnected—now is the time to reclaim your pace and prioritize what truly matters.