

# EXPLORING MINIMALISM IN RETIREMENT

*Simplify Your Life To Maximize Freedom And Fulfillment*

	YES	NO
1 Have you evaluated what possessions truly add value to your daily life?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you regularly declutter or donate items you no longer need or use?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you downsized your living space or considered doing so to better match your lifestyle?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you avoid buying things impulsively or out of habit?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you created routines or systems to reduce mental and physical clutter?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you focus your time and energy on meaningful activities rather than material accumulation?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you simplified your financial life by consolidating accounts or automating payments?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you feel more at peace when your home and schedule are free of excess?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you discussed your minimalist values with loved ones to ensure clarity and support?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you periodically reflect on whether your current lifestyle aligns with your retirement goals?	<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 A Purposeful And Streamlined Life: You've embraced minimalism as a tool to bring clarity, freedom, and greater satisfaction in retirement.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You've begun simplifying, but taking a few more intentional steps can bring even greater peace and alignment.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Clutter and excess could be limiting your freedom—now is the time to reassess, release, and refocus your lifestyle.