

RETIREMENT SELF-CARE ROUTINES

Prioritize Wellness And Balance In Your Daily Life

	YES	NO
1 Do you follow a consistent daily routine that includes time for yourself?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you set personal boundaries to protect your energy and peace of mind?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you engage in regular physical activity that suits your current abilities and lifestyle?	<input type="checkbox"/>	<input type="checkbox"/>
4 Are you intentional about eating nourishing meals and staying hydrated throughout the day?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you take time for mental or emotional wellness practices such as journaling, meditation, or counseling?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you created a sleep schedule that supports restful, consistent sleep each night?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you regularly schedule medical check-ups, screenings, and preventive care?	<input type="checkbox"/>	<input type="checkbox"/>
8 Are you maintaining social connections that uplift and support you?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you make space for creative, spiritual, or recreational activities that bring you joy?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you evaluated and adjusted your routine to reflect your evolving needs in retirement?	<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 Actively Caring For Your Whole Self: Your self-care routines are balanced and thoughtful, supporting long-term health, fulfillment, and peace of mind in retirement.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're building a strong self-care foundation, but refining your habits can bring greater stability, energy, and well-being..



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Neglecting personal wellness can limit your quality of life—now is the time to build routines that nurture your health and happiness.