



Retirement Readiness Self-Assessment & Score Card

Retirement is frequently portrayed as a time of freedom, adventure, and personal enjoyment. But for many, transitioning away from a lifetime of work involves uncertainty and raises numerous questions. Retirement is different for everyone, and that makes preparing for retirement a unique experience. The focus is often on finances, but there are many other issues to consider.

Taking this self-assessment will help you explore some of the key issues and determine how you can benefit from participant in a *Retirement Readiness* group coaching experience.

For each of the 25 questions that follow, indicate your **LEVEL of Retirement Preparation** at this time by circling the appropriate number based on this scale ...

- 5 = I am very well prepared
- 4 = I am reasonably well prepared
- 3 = I am somewhat prepared
- 2 = I am not very well prepared
- 1 = I am not at all prepared

	Very well	_____				not at all
1. Being certain about my reasons for retiring.	5	4	3	2	1	
2. Having specific goals that I want to achieve during retirement.	5	4	3	2	1	
3. Discussing my retirement desires and plans with those who are close and important to me.	5	4	3	2	1	
4. Having clearly defined my desired overall retirement lifestyle.	5	4	3	2	1	
5. Being able to focus on what I will retire TO rather than what I will retire FROM.	5	4	3	2	1	
6. Having the opportunity to pursue a well-defined life purpose and living out what I value most.	5	4	3	2	1	
7. Being able to allocate my time to pursuits, activities, and hobbies that are important and pleasing to me.	5	4	3	2	1	
8. Pursuing civic, fraternal and volunteer service opportunities where I believe I can make a difference.	5	4	3	2	1	
9. Eating a well-balanced diet, exercising and enjoying an active lifestyle.	5	4	3	2	1	
10. Making a wise and acceptable decision about whether or not to work during retirement.	5	4	3	2	1	
11. Avoiding boring work and an oppressive work environment during retirement.	5	4	3	2	1	
12. Being able to travel when and to where I want during retirement.	5	4	3	2	1	
(continued next page)	Sub total _____					

13. Anticipating and planning for health and aging issues.	5	4	3	2	1
14. Providing adequate health insurance and care.	5	4	3	2	1
15. Providing for long-term care and disability during retirement	5	4	3	2	1
16. Keeping mentally active during retirement.	5	4	3	2	1
17. Selecting where to live and the type of housing that is best for myself and the important people in my life.	5	4	3	2	1
18. Knowing how effectively Social Security, pension benefits, investments, and other income resources will finance my desired retirement lifestyle.	5	4	3	2	1
19. Knowing the benefits Medicare provides and selecting the best medical supplement option.	5	4	3	2	1
20. Understanding how tax law affects my finances during retirement.	5	4	3	2	1
21. Resolving major financial obligations.	5	4	3	2	1
22. Having a comprehensive income, expense, and cash flow budget.	5	4	3	2	1
23. Drawing up a final will and making funeral arrangements.	5	4	3	2	1
24. Anticipating and preparing for important shifts in relationships, both those that change and those that emerge.	5	4	3	2	1
25. Making the decision to retire at the best possible time.	5	4	3	2	1

Score Card

1. Begin by totaling up the numbers circled. You should end up with a number between 5 and 125.

Total:

2. Match your **total** to the *Retirement Readiness Levels* below ...

- **Level 1:** Between 81 and 125

You seem to be ready to retire in a significant number of areas. Check those items where you circled 3, 2, or 1 to see if they are areas that you would like to explore as part of a Retirement Readiness Group.

- **Level 2:** Between 41 and 80

You seem to be ready to retire in a moderate number of areas. Check those items where you circled 3, 2, or 1 to see if they are areas you would like to explore as part of a Retirement Readiness Group.

- **Level 3:** Between 5 and 40

You seem to be somewhat ready to retire in a relatively few number of areas. You would benefit greatly from exploring these areas as part of a Retirement Readiness Group.

To register for the next *Retirement Readiness Group* - contact Tim Cosby, (616) 443-9190