



The Hush-Hush Retirement Checklist That Your Financial Advisor Does Not Want You to See

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Retire With Possibilities



ENJOYING YOUR
THIRD AGE

Hi, I'm Eric Weigel, Founder of [Retire With Possibilities](https://www.retirewithpossibilities.com). I am a Baby Boomer with the same retirement questions that many other people of my generation have.

Like many of you, I have faced many bumps in the road, but I am super eager to fully enjoy and appreciate my next phase of life.

In this checklist I'm going to share with you some of what I've discovered makes for a happy and fulfilling retirement.

- The checklist will help you think about retirement more than in just dollars and cents terms.
- It will prepare you to design the life that matters to you.
- It will open your eyes to issues often more important than just money such as your relationships, your health, your activities and your lifestyle.
- And, it will get you on the way to truly planning the retirement life you want, not just your investment and income needs.

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Meaning and Purpose:

- Have you thought about what really matters to you? What do you want people to write about you in your obituary? Identify the two or three things that give your life meaning.
- Have you taken an inventory of the values and behaviors that you most cherish? Are you living your life accordingly? Living in congruence will minimize any regrets you might have.
- What are your beliefs about retirement? Are these beliefs driven by what society expects? Are any beliefs holding you back? Question your beliefs and see if they make sense to you. Retirement is a great opportunity for personal re-invention.
- What are your specific goals for this next phase in life? You could spend as many years retired as working. That is a long time to just drift without a plan. Be as specific as possible and go from planner to doer.
- What is your ultimate “Retirement Vision”? Have you worked on this vision with your spouse/partner? There will, no doubt, be areas of compromise, but the journey is best enjoyed in the company of family and close friends.



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Financial Security:

- Do you know the value of all of your liquid and non-liquid financial assets? Include 401(k), savings accounts, brokerage accounts, and don't forget the value of your house.
- What is your current debt including your mortgage? Also, what interest rate are you paying? Target paying off all debt by the time you retire.
- Do you know how much you need to live on per month? In other words, what you spend on food, shelter, clothing, transportation, utilities, health care, basic entertainment, eating out, etc.
- What is your current income and what will be your income once in retirement? Will you be working part-time in retirement? Don't forget to take into account federal and state taxes.
- Do you have insurance to protect you against major adversities? I am talking about health care, life insurance and long-term care. Insurance is best to buy before you really need it.



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Social Connections:

- What is the state of your family relationships? Do you get along with your immediate and extended family? Are there any lingering issues that need to be cleared up?
- Are you in sync with your spouse/partner regarding your goals and expectations? Resolving conflict and joint problem solving are key skills to deal with life's uncertainties.
- How broad is your social network? I am talking about friends, neighbors, acquaintances and work buddies. They all contribute something different to your emotional psyche.
- Are your social connections likely to last after you retire, or are they situational or temporary? As you age you want to nurture mutually beneficial relationships that last for life.
- Have you had important family conversations regarding your final wishes and legacy? This is more than just about wills and estate planning. It is also about peace of mind for your family.



Your Physical and Emotional Health:

- Have you recently had an in-depth health assessment? Are all the “numbers” in line? Your health is a major component of your wealth – invest in yourself by taking care of yourself.
- What health areas require your attention? An aging body can mean different things to different people. Don’t procrastinate taking care of any areas of concern.
- Do you have an exercise program in place that focuses on aerobic, strength and flexibility? All three are vital. Don’t assume that a nice walk around the park is enough.
- How’s your mental agility and do you regularly stretch your mental abilities? Your mind needs special nurturing especially as you age. Try doing new activities and keep learning.
- Do you feel grateful about life and possess a positive attitude? So much in life is about what lens you choose to see life through. Being positive and developing resilience will help you deal with the inevitable detours in life.



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Your Activities and Work:

- If you have not retired yet, do you have a target date in mind? Don't be wishy washy. Having a firm date forces you to prepare emotionally and financially. You can always revise your plans.
- Do you plan to keep working in retirement possibly on a part-time basis? Think of work as more than simply a paycheck – don't minimize the value of social connections at work as well as the mental stimulus.
- Do you feel passionate about any social, religious or environmental causes? Do you see any opportunities to help out in your community? It's best if you commit both time and money.
- Do you have any hobbies or passions that you wish to spend more time on? It could be a long-forgotten project, learning a new skill, traveling, or even taking salsa lessons.
- What experiences do you absolutely want to have before you die? What's on your bucket list? Start now as you never know how much time you really have.



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Your Lifestyle and Environment:

- Do you plan on staying in your current home, or are your living arrangements likely to change? Know the cost of all options and plan for the long-term.
- Do you want your life to be full of new things or do you prefer to continue on the same path? It's up to you. Some people crave excitement, others want steady. Be in sync with your partner.
- Do you have a plan on how you will spend your time in retirement? You'll still need some structure to your day. Make a weekly schedule of activities ahead of time. Write it down and fill your calendar with activities that give you joy, keep you motivated and around other people.
- Is your choice of environment and lifestyle aligned with your values and goals? Your environment and the people you surround yourself with are stronger than your willpower.
- Do you have a vision of what your retirement will look like in 10 years? How about in 20 or 30 years? Write these thoughts down. Visualize what needs to happen to go from planning to doing.



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E N J O Y I N G Y O U R
T H I R D A G E

Are you overwhelmed? Confused? Terrified?

All of these emotions are normal for people transitioning into retirement, but don't let these emotions mess you up and stop you from designing the retirement you want.

Transitioning into retirement can be difficult for many people, but yours does not have to be.

Follow our Checklist and don't postpone designing the life you want.

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“Happiness is when what you think, what you say, and what you do are in harmony”

– Mahatma Gandhi

Don't just focus on the money side of retirement.

Money matters, but all other aspects of your Retirement Wealth are just as important – your social connections, physical and emotional health, activities and work, and lifestyle/environment.

Let the next 30+ years be full of possibilities and start planning today

***“The best time to plant a tree was 20 years ago.
The second best is now”***

– Old Chinese Proverb

Need help in your transition?

Please visit us at retirewithpossibilities.com and use our many free tools, read some of our blog, or sign up for some retirement coaching