



# RETIREMENT PLANNING WORKSHEET

Every journey begins with a first step. Use this worksheet to begin imagining what life may look like beyond the office. Allow these questions to jumpstart your thinking and ideas. Then, when the time is right, use this as a conversation piece with the ones you love who will be impacted by and support you through your transition into retirement. Compare and contrast your vision of life after retirement with theirs. Above all, allow yourself the freedom to dream and try to enjoy the process.



*All real change is grounded in new ways of thinking and perceiving.*

Peter Senge



## Values



*Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.*

Mahatma Gandhi



The first place to start creating your retirement is by identifying your values. Our lives are created by and through the choices we make each day. Values provide the foundation for our retirement/after work life choices.

**Values change over time. Review the values listed and identify 10 values that are true for you in your retirement. Then narrow your list to your top 5.**

---

---

---

---

---

---

## Purpose

**As you ponder these purpose questions, ensure that you are answering them in a way that allows you to go to bed at night knowing that this was a day well lived.**

What do I want to be remembered for?

---

---

If you were to create a TV special about something that moves you, what would it be about?

---

---

What is it that you do that gives you energy and helps you feel connected?

---

---

What three things can I do now to move me closer to living my dreams?

---

---

## Life-Long Learning

**The concept of continuing to learn throughout life is powerful and requires thought and pre-planning. In retirement learning can be varied and self-directed. Start contemplating what you want to learn by answering the following questions.**

Having identified your purpose above – what do you need to learn next to facilitate your retirement life?

---

---

Describe something you have always been curious about or wanted to learn more about and why.

---

---

What are the next three steps you need to take to start your learning journey?

---

---



*Purpose Your aim. Your reason for being.  
Your reason for getting up in the morning.*

Richard J. Leider



## Family & Friends

**Retirement provides more time to spend with your family and friends. Use the questions below to help you visualize how you want to spend time with your family members and friends. Then talk with your family and friends about their priorities and ideas.**

Describe the perfect day with your family and friends after you have retired.

---

---

---

What is realistic to expect of your family members and friends as you envision your retirement?

---

---

---

How does the daily interaction with your spouse/significant other shift after you stop reporting to work?

---

---

---

## Community

**Retirement provides the opportunity to engage more fully with your community, if that's what you want. Through the questions below, you will create a clearer picture of where you want to be involved in your community.**

When you think about community what is it that you really care about?

---

---

---

Describe what you want to be involved in and how will you stay engaged.

---

---

Identify three new connections that may facilitate the level of engagement you desire.

---

---

---

## Security / Lifestyle

**Your lifestyle will change after retirement and, overtime, security may become more important. Take the time to reflect and answer the questions to help you define your immediate and future retirement lifestyle.**

Describe any health concerns or special needs you and your spouse/significant other might have that could impact how and where you live.

---

---

When you think about home what comes to mind? Please be as specific as you can.

---

---

Describe the place where you feel most secure and connected to the people around you.

---

---

Identify what changes, if any, you need to make to your current living situation to bring you the security and/or lifestyle you desire.

---

---

## Security / Finances

**Finances are a gateway to security in retirement. Ensuring you know where you stand financially today will be key to turning your vision for your life after work into reality. So take stock now and when you are ready, schedule some time with a professional financial planner for a more comprehensive review.**

Where do you need more information on your finances?

---

---

What three items will be important to you financially to support your desired retirement lifestyle?

---

---

Identify what gaps exist between where you are today and where you need to be to enable your future.

---

---

## Conclusions

Summarize from the work above and describe your current life roles today vs. life roles in retirement. Think about how things might change as you make your shift into this next chapter.

Category	Current	Retirement
Purpose		
Lifelong learning		
Family & Friends		
Community		
Security - Lifestyle		
Security - Finances		



*If you don't know where you are going, any road will get you there.*

**Louis Carroll,**  
Alice in Wonderland



Owen Graduate School of Management | 401 21st Avenue South  
Nashville, TN 37203-2422 | 615.322.6469



**VANDERBILT UNIVERSITY**<sup>®</sup>  
OWEN GRADUATE SCHOOL OF MANAGEMENT