



Your  
Retirement  
Advisor®

# Living in Retirement

*Retirement is more than just money*

## *Exercises 1 - 4*

## Exercise #1

# RETIREMENT ACTIVITIES

*“The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives.”*

**Albert Einstein**

Involvement in rewarding and enjoyable activities leads to living a satisfying retirement. Each of us has life values that are unique to ourselves and these values influence the activities that we pursue now and would like to pursue in the future (i.e. during retirement).

The following exercise is designed to help you identify retirement activities that line up to your values.

**Step 1:** Place a check mark beside the values in the following list that are important to you.

<input type="checkbox"/>	Independence	<input type="checkbox"/>	Respect
<input type="checkbox"/>	Financial security	<input type="checkbox"/>	Completing what I start
<input type="checkbox"/>	Authority	<input type="checkbox"/>	Status
<input type="checkbox"/>	Achievement	<input type="checkbox"/>	Popularity
<input type="checkbox"/>	Recognition	<input type="checkbox"/>	Helping or caring for others
<input type="checkbox"/>	Community Service	<input type="checkbox"/>	Creativity
<input type="checkbox"/>	Opportunity to learn	<input type="checkbox"/>	Excitement
<input type="checkbox"/>	Being productive	<input type="checkbox"/>	Making a difference
<input type="checkbox"/>	Flexibility	<input type="checkbox"/>	Working with people I like
<input type="checkbox"/>	Stimulation	<input type="checkbox"/>	Challenge
<input type="checkbox"/>	Mastery of skill	<input type="checkbox"/>	Novelty
<input type="checkbox"/>	Fulfilling my potential	<input type="checkbox"/>	Variety
<input type="checkbox"/>	Having fun	<input type="checkbox"/>	Having structure in my life
<input type="checkbox"/>	Teaching or mentoring others	<input type="checkbox"/>	Living a balanced lifestyle
<input type="checkbox"/>	Being part of a group	<input type="checkbox"/>	Spending time with friends and family
<input type="checkbox"/>	Having time for myself	<input type="checkbox"/>	Keeping fit
<input type="checkbox"/>	Self-improvement	<input type="checkbox"/>	Sociability
<input type="checkbox"/>	Learning new things	<input type="checkbox"/>	Being well organized
<input type="checkbox"/>	Self-confidence	<input type="checkbox"/>	Appreciating nature
<input type="checkbox"/>	Being involved in sports	<input type="checkbox"/>	Earning an income
<input type="checkbox"/>	Working with my hands	<input type="checkbox"/>	Spiritual development
<input type="checkbox"/>	Inner harmony	<input type="checkbox"/>	Wealth

	Having an influence		Feeling secure
	Contemplating		Having a sense of purpose

**Step 2:** From the previous list, choose 5-10 values that you most want your life to reflect. Put a check mark beside the values that are currently being met in your work life. In the third column, identify how this value could be met during retirement.

**Example:**

Value	At Work	During Retirement
<i>Financial security</i>	✓	<i>Employer pension, CPP/OAS and sufficient RRSP savings</i>
<i>Community service</i>		<i>Volunteer work at local hospital (fund raising) and church committee.</i>
<i>Having fun</i>		<i>Golf, ski and travel</i>
<i>Keeping fit</i>		<i>Join local YMCA, golf and ski</i>
<i>Learning new things</i>		<i>Learn to speak Spanish</i>

**Your turn:**

Value	At Work	During Retirement


**Exercise #2**

**RELATIONSHIPS IN RETIREMENT**

*“The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart.”*

**Helen Keller**

Like many things in life, relationships will change as we enter retirement. Whether it is with your spouse/partner, other family members or friends, the transition from working life to retirement brings changing roles and environment. How one adapts and reacts to these changes is key to achieving enjoyment and fulfillment in life.

**EXERCISE:**

Let's start by identifying the significant relationships in your life and then consider how they may change or be impacted by your retirement. Place a ✓ in the second column of the following table to identify important relationships that exist for you. In the next two columns write down a few brief thoughts on how this relationship may change or be impacted for you and how it may change or be impacted for the other party.

Relationship	✓	Change/impact on you?	Change/impact on other?
Spouse/ Partner			
Children			

Relationship	✓	Change/impact on you?	Change/impact on other?
Grandchildren			
Parents: - yours - spouse's			
Siblings			
Friends			
Pet(s)			
Other (list):			

1. What can you do in advance of retirement to address the changing dynamics of these relationships and to help maintain rewarding and fulfilling interaction? Think about actual strategies/actions for each relationship.
2. Retirement can bring an end to the workplace social network that may have played a significant role in satisfying social interaction needs. Also, social networks can change and may actually shrink as we age. Need for positive social interaction continues in post work life. How can you maintain and/or grow your social networks in retirement?
3. Have you given thought to care for aging parents (yours and/or your spouse's) in retirement? If you have not already encountered this, you may find that it could have an impact on your lifestyle in retirement (e.g. time, financial, emotional). How do you

think care for aging parents could impact you? Is there anything that you might be able to do to prepare for this?

### Exercise #3

## LIFE BALANCE IN RETIREMENT

Retirement presents a whole new lifestyle in a fairly dramatic manner – almost an overnight change. Coming out of a career and into retirement typically provides one with 2,000 newly found hours each year. Something to keep in mind as you consider how you would like to use your newly found time is balance. Balance between the things that you believe you need to do and balance between the things you would like to do. Answering the following questions can help to understand what your balance may look like.

	What are the things that I must do?	What are the things that I want to do?
Daily		
Weekly		

<b>Monthly</b>		
<b>Yearly</b>		

**Exercise #4**

**ACTION PLAN**

Working through this section of the workbook, you may have developed new or additional ideas about what you want your life in retirement to look like or you may have simply brought greater clarity to existing ideas. As you plan and prepare for this next exciting stage of life, it is common to realize that you have some things to do in advance to position you well for retirement. This Action Planning table can help you identify what you need to do and then see these things through to completion.

<b>Goal</b>	<b>Actions Required to Achieve Goal</b>	<b>Timing</b>
