

Picture Your Next Chapter

An Interactive Retirement Readiness Handout

Imagine what you want life after work to look like. Retirement gives you an opportunity to create a new rhythm for your life. Look beyond your retirement date. What would make your days fulfilling?

Picture an ordinary day

Forget the vacation or special occasion. Imagine a regular day in retirement. **What do you want it to look like?**

Morning: _____

Afternoon: _____

Evening: _____

What would make you look forward to that day? _____

What do you want more of?

Something I'd like to have more time for: _____

Something I've always wanted to learn or try: _____

A hobby or interest I'd like to rediscover: _____

Something that gives me a sense of purpose or accomplishment: _____

Who is part of the picture?

People I want to spend more time with: _____

Relationships I'd like to strengthen: _____

Ways I'd like to stay connected to my community: _____

A way I might like to volunteer, mentor or give back: _____

How do you want to feel?

Ways I'd like to stay active: _____

Healthy habits I'd like to maintain or develop: _____

What helps me relax and recharge: _____

Focus on what you're retiring to, not what you're retiring from. EAP is here for what's next, reach out.