

Ready for What's Next?

An Interactive Retirement Readiness Handout

Reflect on what may change and what you can start building today. Retirement can change your routine, relationships, social connections and sense of purpose. Thinking about what you value in your working life can help you identify what you'll want to carry forward, replace or create in new ways after retirement.

What might you miss about work?

Work may provide more than you realize. Check anything you think you might miss:

- ☐ Coworkers and social interaction
- ☐ Feeling productive or accomplished
- ☐ Helping or serving others
- ☐ Learning and solving problems
- ☐ Having somewhere to be each day

- ☐ A regular daily routine
- ☐ Being part of a team
- ☐ Having responsibilities
- ☐ Being physically active
- ☐ Something else: _____

What could give you those things in retirement? _____

Check in with yourself

One thing about retirement that excites me: _____

One thing I'm unsure about: _____

Something I hope will be different: _____

Something from my life today that I want to carry forward: _____

Think about the people around you

Retirement can be an adjustment for the people you share your life with, too.

One person I should talk with about my retirement expectations: _____

Something we should discuss: _____

One relationship I'd like to invest more time in: _____

What can you start now?

Retirement readiness doesn't have to wait until retirement is near.

One interest I'd like to explore: _____

One healthy habit I'd like to strengthen: _____

One way I could become more connected outside of work: _____

One thing I can start doing now that my future self may thank me for: _____

Start small. One conversation, interest, relationship or habit can help you prepare for what's next. EAP is here to help. Reach out for additional information and support.