

Desired Activities

Please answer the questions below. If there is an activity that is important to you but is not listed below, write it in at the end.

1. Will you work? _____yes? _____no?
 - a. If you work, will it be:
 - i. _____ full-time
 - ii. _____ part-time
 - iii. _____ contract
 - iv. _____ temporary
 - v. _____ entrepreneurship
 - vi. _____ online
 - vii. _____ phased retirement
 - viii. _____ other: _____
 - b. How many hours or days a week do you want to work?

2. What hobbies do you want to spend time on?

3. Will you be volunteering? _____yes? _____no?
 - a. If yes, what organization would you like to be volunteering for? _____
 - b. How many hours a week do you want to devote to volunteering? _____

4. Will you be spending more time with your children? Your grandchildren? Your parents? Other family members? Friends? Animals? _____yes? _____no?
 - a. How would like this part of you life to look like (what activities? How much time?)

5. Will you be spending more or less time with your spouse?
_____more? _____less?
 - a. Will this change your relationship? _____yes? _____no?
 - b. How? _____

6. Will you spend time managing retirement accounts or investments?
_____yes? _____no? How would you like that to look?

7. Will you get more involved in your church or spiritual development?
_____yes? _____no? How would you like that to look?

8. Will you get more involved in political activities? _____yes?
_____no? How would you like that to look?

9. Will you incorporate more personal time to just "be" (versus "doing"
something all the time?) _____yes? _____no? How would you like
that to look? _____

10. Will you increase the time spent in leisure, exercise and recreation?
_____yes? _____no? What activities would you like to get involved
with? How would you like that to look? _____

11. Do you want to spend time traveling? _____yes? _____no?

- a. To what locations? _____
- b. How frequently? _____
- c. Alone? Or with someone else? _____

12. Will you go back to school, take classes, or otherwise enhance your
learning or develop your hobbies? _____yes? _____no?

- a. Which ones? _____
- b. What would you love to learn? _____
- c. Do you need special locations or facilities to access these
classes (a harbor if you want to learn how to sail, or a stable if
you want to learn how to ride a horse)? _____yes? _____no?

13. Do you want to contribute some of your knowledge through
teaching, consulting or mentoring? _____yes? _____no? In person
or On-line?

14. What kinds of entertainment would you like to integrate into your retirement – visit museums? Attend live concerts? The ballet? Go to the movies? Play tennis?

15. What activities do you spend time doing now? How do you spend your weekdays? Your weekends?

16. Do you enjoy listening to music in your car on the way to work? Do you enjoy popping down to the corner market for milk and bread when you need it? How important are specific tv shows or sports broadcasts to you?

Try not doing these daily activities to see how you would react if lived somewhere where you couldn't do these things.

17. What other activities are there that are part of your life right now that you take for granted – seven day a week shopping? No smoking in restaurants? Being able to understand the language being spoken in public places? Being able to purchase specific foods or beverages?
