

# Road to Retirement

## Exercises to help you mentally prepare for your journey



We place a lot of focus on the financial aspects of retirement planning. However, it is just as important to mentally and emotionally prepare for retirement! Try these activities to help you flourish during retirement.

### Visualization Exercise - My Retirement Picture

Take a deep breath and imagine yourself in retirement. Use the following questions to guide your visualization. It is okay if you do not have all the answers. The goal is to keep exploring so that you feel emotionally ready to retire.

- ▶ **Where am I?** \_\_\_\_\_
- ▶ **Who is with me?** \_\_\_\_\_
- ▶ **What am I doing? How am I contributing to others?** \_\_\_\_\_  
\_\_\_\_\_
- ▶ **How do I feel emotionally?** \_\_\_\_\_
- ▶ **How do I feel physically?** \_\_\_\_\_
- ▶ **Is anything missing or concerning me?** \_\_\_\_\_

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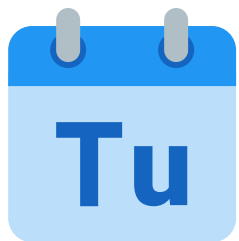
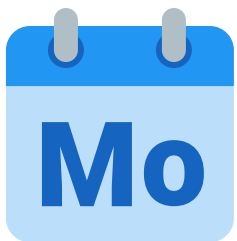
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### Calendar Exercise - Plan Your First Week of Retirement

The emotional stages of retirement include: **liberation** or the “honeymoon” phase; **reorientation** when we readjust priorities, activities and relationships; and finally **reconciliation** when we experience relative contentment, hopefulness and acceptance. Planning retirement activities can help you achieve contentment.

To help yourself plan, prepare the calendar below for your first week of retirement. Plan for fun and different experiences. Are there certain milestones you would like to reach? Once you complete your first week calendar, think about how you will continue your calendar, months and even years later after retirement.



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### Relationships Exercise - Building Social Connections

Relationships and social connections are key to an emotionally healthy retirement. Write down your answers to the following questions to create a plan for building social connections during retirement.

**Who do I care about now and want in my life?**

**Who do I want to reconnect with? What steps can I take to reconnect with them?**

**Who are the people I want to get to know better? How can I strengthen my connection with them?**

**What can I offer to others? What can they offer me?**

### Embark on an Amazing Retirement Journey

You are in control of your retirement journey! **As you mentally prepare for this journey, try to really understand yourself. Think about what you love, your favorite activities, where you always wanted to travel, the people most important to you, and your personal goals and dreams.** How will you incorporate all of these into your retirement? The sky's the limit!