

RETIREMENT READINESS ASSESSMENT

Mark each statement with how much you relate to it using the scale below. When you are done, total your results.

Strongly Disagree: 1 Disagree: 2 Uncertain: 3 Agree: 4 Strongly Agree: 5

CATEGORY	READINESS STATEMENT	1	2	3	4	5
Employment	I'm ready to work part time, if at all.					
	I have a hobby I can turn into a career.					
	I'd like to explore a new career interest.					
	I can use my career skills to teach or consult.					
	My retirement date is set.					
	I have informed my employer that I'm retiring.					
Connections	I am currently very active outside of work.					
	I have a plan for staying connected to others.					
	I have hobbies that keep me busy and engaged.					
	There are others who depend on me.					
	I have skills and talents I can share with others.					
Pursuits	I've taken time to dream about my next phase.					
	Interests outside of work keep me motivated.					
	My passions are well defined.					
	I am open to volunteering for the right cause.					
	I know my meaning and purpose.					
	I want to teach, consult, or mentor others.					
	I have a desire to travel and see the world.					
Financial	I am confident that my finances are ready for me to retire.					
	I have developed my retirement spending plan.					
	I have a process for managing my finances.					
	I own my house free and clear.					
	I have set aside cash for an emergency fund.					
	I have updated all my beneficiary designations.					
	I have a will, and it is up to date.					
	I have an advance healthcare directive.					
	I have discussed the use of trusts with my lawyer.					
	I have no revolving debt.					
	I have a pension from my employer.					
I can delay filing for social security.						
Health	I feel confident in the future.					
	I have a regular exercise program.					
	I have ways to keep my mind sharp and alert.					
	My health-care needs are covered.					
	My long-term care needs are covered.					
	I have regular routine checkups.					
	I know my medical baseline results.					
	I am a healthy eater.					
I have a way to relieve stress.						
Planning	My partner agrees with my retirement decision.					
	I know what a day in retirement will look like.					
	I know where I will live in retirement.					
	I have spent time with HR exploring my benefits.					
	I have spent time with a financial planner.					
	I have spent time with my tax preparer.					
	I have reviewed my legal documents.					
TOTAL						



RETIREMENT READINESS ASSESSMENT SCORING

Now score your assessment. Total each of the columns and add the overall total below.

TOTAL SCORE

TOTAL SCORE	DESCRIPTION
181-225	Congratulations! You are ready to jump-start your kick-ass retirement into high gear. While there may be a few items that still need consideration, you are ready to go. However, keep in mind that a high score today doesn't automatically mean you are free and clear for a worry-free retirement. Some items will still need your vigilant attention, such as your health and spending plan.
136-180	You're getting there. Review the items where you scored the lowest. What can you do to bring those scores up?
90-135	Move forward cautiously. Where have you scored the lowest? Are these lower scores mostly in one or two categories? Review the items where you scored ones and twos and think about what you could do to improve those scores. Write your ideas in the space following this chart.
Less than 90	You're not ready yet. It appears there is quite a bit of analysis, review, and effort required before you are prepared to flip the switch and make the leap into your next chapter. This doesn't mean it can't happen and happen soon. It is just going to take some prep work on your part before you're ready.

Regardless of how you scored on the assessment, you will want to consider engaging the services of a physician, nutritionist, personal trainer, attorney, tax professional, financial planner, or all of the above. The insights of a lifestyle coach may be helpful as well. While a good lifestyle coach won't be able to answer whether you are ready to retire, he or she will know the questions to ask that will bring insight and clarity to your decision.

