

**Research confirms that those who plan their transition into retirement are much more likely to create a satisfying life-balance. Remember, whilst sound financial planning is an integral part of this process, it's not just about the money...**

**Check your retirement readiness now with our quick 25-questions quiz.**

## Retirement Readiness Quiz

### Activities

- |   | Y                        | N                        |
|---|--------------------------|--------------------------|
| <b>1</b> Have you researched what you plan to do? Playing golf seven days a week may be less fulfilling than you think. | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2</b> Do you have a "work" component in the mix?   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3</b> Do you have hobbies?   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4</b> Do you have activities which make you feel of value, apart from your day job?                                  | <input type="checkbox"/> | <input type="checkbox"/> |

### Purpose

- |   | Y                        | N                        |
|---|--------------------------|--------------------------|
| <b>5</b> Do you have goals?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>6</b> Does your partner have goals?                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>7</b> Are these goals compatible?                    | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>8</b> Are you mentally able to 'leave' work?         | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>9</b> Are you leaving because you want to?           | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>10</b> Is this your decision and not someone else's? | <input type="checkbox"/> | <input type="checkbox"/> |

### Preparation *Have you done your homework on:*

- |  | Y                        | N                        |
|--|--------------------------|--------------------------|
| <b>11</b> Financial Planning (Income needs etc)  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>12</b> Housing  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>13</b> Activities   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>14</b> Benefits (Centrelink and others)   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>15</b> Opportunities  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>16</b> Have you considered a transition into retirement (part-time work, part-time play?) | <input type="checkbox"/> | <input type="checkbox"/> |

## Relationships

Y N

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <b>17</b> Do you have close relationships?   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>18</b> Have you discussed your plans with your partner/nearest & dearest?               | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>19</b> Have they discussed their plans with you?  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>20</b> Are you in agreement?  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>21</b> Will you be happy if one of you remains in the workforce and the other does not? | <input type="checkbox"/> | <input type="checkbox"/> |

## Wellbeing

Y N

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <b>22</b> Are you in good physical health?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>23</b> Are you getting regular (3 times per week) exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>24</b> Is your mental health positive?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>25</b> Are you happy spiritually?                           | <input type="checkbox"/> | <input type="checkbox"/> |

## How did you go?

If you answered yes to 18 or more questions, your transition to retirement is well underway.

Yes responses to 12-18 mean you are moving toward a happy post-work life, but need to further address the questions to which you answered "no"

A "yes" to 12 or fewer questions means you have given little consideration to the later years of your life and now is as good a time as any to consider the big picture aspects of life after 50.

It's not just about quantity, but also the quality of your responses.

Apart from assessing your overall score, revisit and consider your responses to questions 5, 16 and 18. These points are critical for those considering leaving full-time work – and if you haven't answered yes, then do yourself (and those around you) a favour and stay at work until you can!