

Candidly rate each of the Assessment Statements for the Key Elements of a Fulfilling Retirement.

Key Elements	Assessment Statement	Ratings (1 low- 5 high)
Life Plan	I have a plan for my life in retirement. It is written down and up to date.	<input type="text"/>
Purpose/Values	I am clear on my life purpose and core values.	<input type="text"/>
Attitude	Those closest to me describe me as having a positive attitude (a Tigger).	<input type="text"/>
Well-Being	I have sufficient energy to fully do what I want to do in my life. I practice the daily habits to be able to sustain this well into my retirement.	<input type="text"/>
Financial Security	I have a financial plan that will enable me to securely live the life I want (now and in the future).	<input type="text"/>
Connectedness	I have others who I can really lean on (2 a.m. in the morning friends).	<input type="text"/>
Giving Back	I am engaged in activities that make a meaningful difference to others.	<input type="text"/>
Passions	I am excited about my life and the many activities I enthusiastically pursue.	<input type="text"/>
Growth	My week is filled with new and challenging activities that help keep my mind sharp.	<input type="text"/>
Fun	I have many activities in my life that are just plain fun to do.	<input type="text"/>

