

There are 10 key elements of a fulfilling retirement, as represented in the Your Retirement Quest Pyramid Model

Life Plan: having a practical, holistic, up-to-date, and written plan for retirement

Purpose/Values: being clear about your reason for being and what is truly important to you in life

Attitude: having a positive mindset with which you approach life and meet the challenges and opportunities of retirement—being a Tigger versus an Eeyore

Well-Being: practicing the daily habits to have sufficient energy to live fully today and throughout your retirement

Financial Security: matching your lifestyle to your available financial resources

Connectedness: having a substantial number of relationships with people who you can lean on (2:00am friends—people you can call anytime and know they will help, no questions asked)

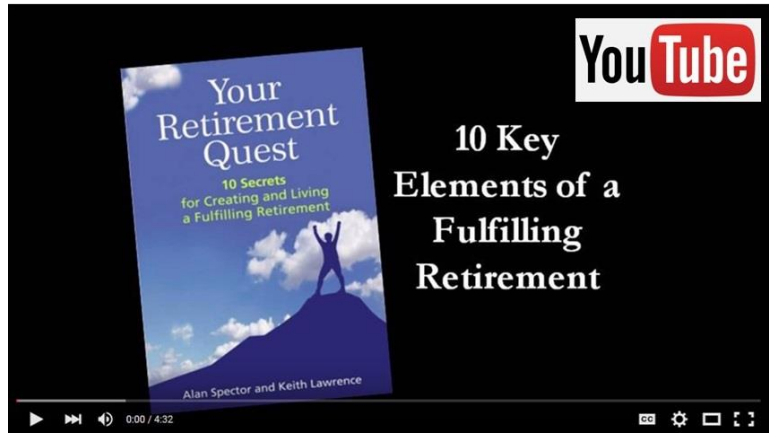
Giving Back: being engaged in activities that make a meaningful difference to others

Passions: enthusiastically pursuing many activities in your life that give you a sense of energy, provide you with a sense of achievement, and play to your strengths

Growth: having new and challenging activities in your life that keep you mentally stimulated

Fun: drawing excitement, pleasure, recreation, and satisfaction from life—having many things in your life that are just plain fun to do

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