

Your Life Profile



NAME: _____

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Your Life Profile

Visioning

Our visioning process in the **24 Things to do in Retirement** exercise will help you get a clearer picture of what you want to experience in the rich years ahead.

Directions: Select 6 below that fit your vision for retirement.

- Travel
- Explore
- Play
- Write
- Relax
- Teach
- Go back to school
- Educate yourself
- Mentor someone
- Learn a new skill
- Develop a hobby
- Finish unfinished projects
- Home projects
- More time with spouse
- More time with family
- More time with friends
- Start a new business
- Continue on present course
- Consult
- Get a part-time job
- Connect with a cause
- Volunteer
- Get more involved in community
- Take on a new challenge



finding Balance

Finding balance begins by becoming aware of exactly how and where we spend our time. Each of us has exactly 168 hours each week to manage.

Directions: Determine approximately how and where you currently spend your time. (Total must be 168 hours.)

CURRENT LIFE PORTFOLIO

	Hours/Week	% of Time
Family/Friends	_____	_____
Work/Career	_____	_____
Downtime (TV, surfing the web, music)	_____	_____
Sleep	_____	_____
Health/Fitness	_____	_____
Personal Growth (hobbies, learning a new skill)	_____	_____
Total	_____	_____

Directions: Determine approximately how and where you desire to spend your time. (Total must be 168 hours.)

DESIRED LIFE PORTFOLIO

	Hours/Week	% of Time
Family/Friends	_____	_____
Work/Career	_____	_____
Downtime (TV, surfing the web, music)	_____	_____
Sleep	_____	_____
Health/Fitness	_____	_____
Personal Growth (hobbies, learning a new skill)	_____	_____
Total	_____	_____

What allocations can I make with my time to bring more balance to my life?



collecting a Playcheck

Find work that unites your head, your heart, and your hands.

Directions: On a scale from 1 to 5, rate yourself on your true level of contentment – 1 being “Not content” and 5 being “Completely content.”

1. I feel as though my natural talents and abilities are expressed through my work.	1	2	3	4	5
2. I have a continuing enthusiasm about the work I do.	1	2	3	4	5
3. I have a sense of serenity regarding my work.	1	2	3	4	5
4. I enjoy the people I work with.	1	2	3	4	5
5. I feel my work helps me to grow intellectually and personally.	1	2	3	4	5
6. I feel that I bring some benefit to others through my work.	1	2	3	4	5
7. I often feel energized by the work I do.	1	2	3	4	5

Directions: Read the ten statements below and decide which one best describes how you currently feel about your job and pay. Then, circle the corresponding number on the graphic below.

1. I dread my work and the pay is terrible.	1	2	3	4	5	6	7	8	9	10
2. I dread my work but the pay is decent.										
3. I hate this work but the pay is excellent.										
4. This work is okay but the pay isn't good.										
5. This work is okay and the pay is okay as well.										
6. This work is okay and the pay is excellent.										
7. This work is great but the pay isn't.										
8. This work is great and the pay is okay.										
9. This work is great and the pay is excellent.										
10. I'm having a blast and can't believe I get paid this kind of money to do it.										

TOTAL

SCORING KEY

- 8 – 17 You are collecting a paycheck**
- 18 – 24 Danger zone – change may be needed**
- 25 – 35 You're on your way to a paycheck**
- 36 – 45 Congratulations! You are collecting a 'playcheck'!**



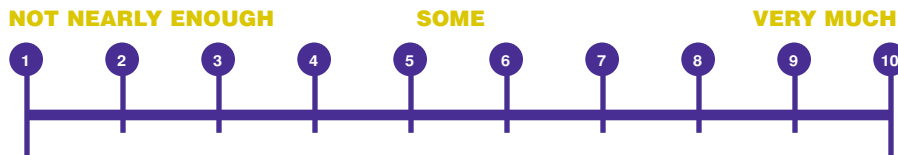
from aging to S-Aging

“Aging reflects the relationship of time on our being. Aging describes, in large part, the state of our body. Old, on the other hand, describes our state of mind. It has always been a matter of great interest to me to discover the spiritual and attitudinal aquifer that supplies the fountain of youth.”– Mitch Anthony

The 5 Attitudes of Successful Aging

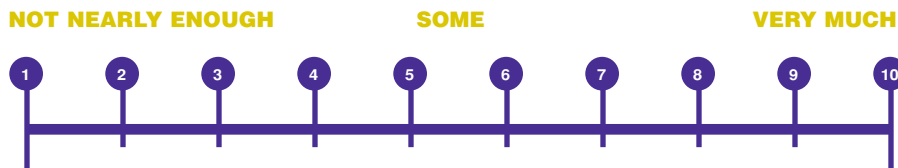
CONNECTIVITY

How connected am I to those people who energize me and are energized by me?



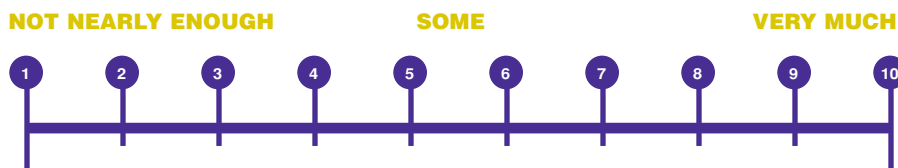
CHALLENGE

How much intellectual and physical challenge do I have in my daily life?



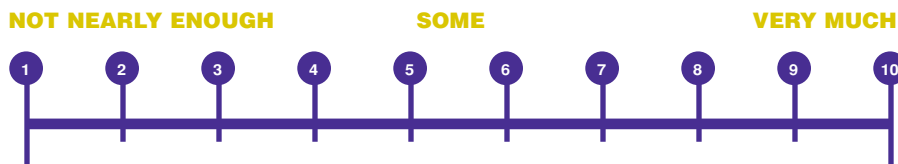
CURIOSITY

How focused am I on growing and expanding my knowledge?



CREATIVITY

How much creativity/enjoyment do I have in my life?



CHARITY

How much of myself (time, energy, resources) do I give toward helping others?

