Retirement – what’s your game plan?

Life is all about transitions, like graduation, starting a family, changing jobs, moving to a new home, raising a family, and eventually, retirement. While many of us successfully negotiate these transitions, retirement often poses the greatest challenge.

**3 P’s to success in retirement:**
- **Purpose**
- **People**
- **Perspective**

**Attributes that help retirees transition into retirement**
- 69% Be engaged/interested in daily activities
- 62% Lead a purposeful and meaningful life
- 61% Be capable in activities important to me
- 60% Have supportive/rewarding relationships
- 59% Be optimistic about the future
- 50% Contribute to the well-being of others

**What do men and women plan to do in retirement?**
- Recreation/Travel
  - 75% Men
  - 71% Women
- Volunteer
  - 41% Men
  - 52% Women
- Learn/Educate
  - 45% Men
  - 39% Women
- Work/Consult
  - 24% Men
  - 24% Women
- “My bucket list”
  - 31% Men
  - 30% Women
- Don’t know
  - 15% Men
  - 18% Women
- Other
  - 2% Men
  - 2% Women

**Feelings about the life-stage of retirement**
- 55% Excited and/or optimistic
- 52% Prepared for whatever may happen
- 47% Have feelings of contentment and security
- 38% Uncertain about supporting myself/my family
- 30% Anxious and/or nervous
- 29% Worried about what’s next
- 1% Other

**Attitudes or mindsets most likely found in satisfied retirees**
- Busy and active
  - 85%
- Independence
  - 63%
- Forward thinking
  - 40%
- Volunteering
  - 33%
- Liking people
  - 28%
- Still working
  - 16%
- Other
  - 1%