What’s your retirement 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 navigate these transitions, retirement often poses the greatest challenge.

**Attributes that help retirees transition into retirement**

- **70%** Be engaged/interested in daily activities
- **65%** Lead a purposeful and meaningful life
- **61%** Be capable in activities important to me
- **60%** Be optimistic about the future
- **58%** Have supportive/rewarding relationships
- **50%** Contribute to the well-being of others

**Feelings about the life-stage of retirement**

- **54%** Excited and/or optimistic
- **45%** Prepared for whatever may happen
- **45%** Have feelings of contentment and security
- **40%** Uncertain about supporting myself/my family
- **30%** Anxious and/or nervous
- **28%** Worried about what’s next
- **1%** Other

**3 P’s to success in retirement:**

- **Purpose**
- **People**
- **Perspective**

**What do men and women plan to do in retirement?**

- **Recreation/Travel**
  - Women: **65%**
  - Men: **73%**
- **Volunteer**
  - Women: **42%**
  - Men: **48%**
- **Learn/Educate**
  - Women: **35%**
  - Men: **31%**
- **"My bucket list"**
  - Women: **29%**
  - Men: **34%**
- **Work/Consult**
  - Women: **22%**
  - Men: **33%**
- **Don't know**
  - Women: **19%**
  - Men: **23%**
- **Other**
  - Women: **2%**
  - Men: **3%**

**Attitudes or mindsets most likely found in satisfied retirees**

- Busy and active: **90%**
- Independence: **64%**
- Forward thinking: **40%**
- Volunteering: **33%**
- Liking people: **28%**
- Still working: **14%**
- Other: **1%**