

Qualities of a Satisfying Retirement

1. **Work reorientation** – the degree to which you have emotionally distanced yourself from receiving your personal identity from work.
2. **Attitude toward retirement** – your perception of what your next life stage will be like once you transition beyond your current job.
3. **Directedness** – the degree to which you rely on your own sense of personal guidance for making plans and decisions for your retirement life, rather than relying on others to give you directions.
4. **Health perception** – your opinion of the current condition of your overall wellness.
5. **Financial security** – your opinion that you have done sufficient planning to sustain adequate financial security and maintain your desired lifestyle during your retirement/renewal years.
6. **Current life satisfaction** – the degree to which you believe you have achieved contentment and peace at this point in your life.
7. **Projected life satisfaction** – the degree to which you look forward to personal success, achievement, contentment and peace in the future years of the retirement/renewal phase of life.
8. **Life meaning** – the degree to which you have found a life direction for retirement which offers you a driving purpose and a deep sense of personal fulfillment.
9. **Leisure interests** – the degree to which you have found personally satisfying endeavors outside of your work/career which rejuvenate your body, stimulate your mind, and/or enrich your spirit.
10. **Adaptability** – the degree of personal flexibility you can exercise at any given time in any given situation.
11. **Life stage satisfaction** – the degree to which you live in the present and find your current life fulfilling, rather than living in the past.
12. **Dependents** – the degree to which you are free from a sense of burden or strain from caregiving responsibilities either for aging parents or relatives (including children).
13. **Family & marital issues** – the degree to which you derive satisfaction, intimacy, connectedness, love and a sense of well-being from your marriage and family life.
14. **Perception of age** – the degree to which you see your own maturation process as a time of emotional and psychological vitality and vibrancy, full of potential for dynamic and on going personal growth.
15. **Replacement of work function** – the degree to which you have planned to replace or project that you can replace, the five functions of working: financial security, socialization, time management, status, sense of utility.