

# Quality of Life Worksheet

Three questions that can predict your future quality of life

When you consider retirement planning, it's easy to lose sight of the forest for the trees. The first thing that comes to mind is probably, "How much money will I need?" But whatever that amount may be, your finances are only part of the equation for a meaningful retirement. What may be more important is identifying the factors that can determine your future quality of life. The following three questions are a great place to start creating a broader, more holistic approach to living longer and living well.



## Who will change my light bulbs?

How will you continue living in your home safely and independently? Identify the costs as well as the trusted service providers necessary to maintain your home in the future.

Activity	Service Provider	Cost (monthly)
House cleaning		
Maintenance and basic repairs		
Lawn care		
Grocery delivery		
Laundry		
Home modifications		
Other		
Other		
Other		
Total		



## How will I get an ice cream cone?

What do you like to do? Will you have adequate transportation to go where you want—when you want—in the future? Consider whether you'll get there by car, public transportation, or even fly.

**List examples in each category.**



Hobbies

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Travel

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Volunteer

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Time with Family & Friends

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Career (working at a job you enjoy)

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Other

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## Who will I have lunch with?

Who are your closest friends and mentors? Who adds special value or has a specific role in your life? Who will you continue to depend on for advice or enjoying shared experiences?

**List those connections here.**

Name:

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2. 

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3. 

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4. 

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5. 

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Name:

1. 

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2. 

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3. 

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4. 

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5. 

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- ✓ ☐ Attend a senior center
- ✓ ☐ Do volunteer work
- ✓ ☐ Enroll in a college course
- ✓ ☐ Frequent your neighborhood coffee shop

- ✓ ☐ Use online social networking to meet other retirees
- ✓ ☐ Join a travel club
- ✓ ☐ Enroll in an exercise class
- ✓ ☐ Ask family and friends to introduce you to others

**Schedule an appointment with your financial professional today so you can plan together for a meaningful retirement.**

✓ ☐ Appointment date and time 

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