Lifestyle Planning Survey

Life satisfaction is dependent upon both your physical well-being and your emotional well-being. Take the following survey to help you think through how you will spend time in retirement.

Physical Well-Being

What activities might you do to preserve your physical autonomy and self-sufficiency and to connect with others?

	Name:	Name:
Bowling	☐	☐
Camping	☐	☐
Dancing	☐	☐
Fishing	☐	☐
Gardening	☐	☐
Golfing	☐	☐
Jogging	☐	☐
Skiing	☐	☐
Stretching	☐	☐
Tennis	☐	☐
Walking	☐	☐
_____	☐	☐
_____	☐	☐

Emotional Well-Being

What will you do to give back to others?
Where might you volunteer?

	Name:	Name:
Church	☐	☐
Clubs	☐	☐
Community	☐	☐
Hospital	☐	☐
Nursing Home	☐	☐
Organizations	☐	☐
Politics	☐	☐
Senior Citizens	☐	☐
Sporting Events	☐	☐
Tutor/educate	☐	☐
_____	☐	☐
_____	☐	☐
_____	☐	☐

What will you do for ***personal growth***? How will you get more out of the life and develop courage to deal with life challenges? What will you do to gain greater wisdom?

	Name:	Name:
Arts	☐	☐
Computer	☐	☐
Cooking	☐	☐
Financial	☐	☐
History	☐	☐
Language	☐	☐
Mechanical Skills	☐	☐
Music	☐	☐
Performing Arts	☐	☐
Personal Skills	☐	☐
Religion	☐	☐
Sewing	☐	☐
Technical Skills	☐	☐
_____	☐	☐
_____	☐	☐

What will you do to revitalize yourself? This included those activities that will help you stay connected to daily life.

	Name:	Name:
Clubs	☐	☐
Concerts	☐	☐
Dining	☐	☐
Employment	☐	☐
Family	☐	☐
Movies	☐	☐
Museums	☐	☐
Shopping	☐	☐
Theater	☐	☐
Travel	☐	☐
_____	☐	☐
_____	☐	☐
_____	☐	☐