

5 GOALS TO SET FOR

Goal-Based Retirement Planning



What to do once your finances are taken care of

What can you do to keep yourself busy?

Think about finding volunteer work for a cause you care deeply about, perhaps even one that can make use of your years of experience. This can help to fill out time during the week, and maintain a routine.



GOAL 1: Identify an organization to work or volunteer with to help maintain a routine.

How can you keep yourself healthy?

Goals to keep yourself healthy can involve ensuring you have a supportive group of family and friends, creating a plan to take care of your physical and emotional health, and exploring health as a new challenge.



GOAL 2: Identify an activity that can keep you active through your retirement.

How can you build and develop relationships outside of a work environment?

It's important to develop social circles independently as well, by joining clubs based on your interests with people who show up regularly, and maintain preexisting connections with family and friends.



GOAL 3: Identify a group of people who you can regularly spend time with.

What can you do to relax and have fun?

Expand your hobbies prior to retirement, or try something entirely new. Keeping your mind and body engaged can be incredibly cathartic and give you a great way to unwind, be creative, and channel your energy!



GOAL 4: Find an activity that engages you and that you can do purely for enjoyment.

How can you grow as a person, and develop yourself into who you want to be?

A great way to grow yourself is to try new things: take classes you may not have thought to before, or engage with new creative fields that can help you push the boundaries of an identity that you may have previously.



GOAL 5: Determine what it is that you want to engage with, and begin to research these higher-order ideas.