

# Adjust to Retirement©

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1. What couple do I know well who has the kind of retirement that I want. What about their retirement that impresses me?
2. I am thinking about my parent's retirement. What do they do or have in their retirement that I want to do or have in my retirement?
3. What do I want to have in my retirement that is completely different from my parent's retirement?
4. I am thinking about other people I know who have retired well. What coping strengths, temperament strengths, and values do each of these people seem to have in common?
5. What coping strengths, temperament strengths, and values do I think will help me in enjoying my retirement? Which ones are the same as those in 4.? Which ones are different?
6. What coping strengths, temperament strengths, and values does my spouse have which will help us enjoy our retirement? Which ones are the same as those in 4.? Which ones are different?
7. How will I intentionally develop these strengths so that we can enjoy our retirement the most?
8. What can I learn on the internet about what I can do retirement that I might not have otherwise thought of?
9. What leisure learning opportunities are there?
10. Who can be my mentor to help me make the best use of my time and money in retirement? As I consider this I make a list of all of the people I know who impress me by what they do in retirement. I will get to know them.

You are spending much of your time in retirement with your spouse. What do your personality strengths tell you about how well you listen to him/her?

11. How important is listening to each other?
  - A. What will I do if I feel like s/he is not listening to me?
  - B. What will I do if s/he tells me that I am not listening to him/her?
  - C. Do I think that not listening to each other could cause issues in our marriage?

You and your spouse make your decisions together. What do your personality strengths tell you about how you and s/he make decisions together?

12. What process do you use to make decisions?
  - A. Which decisions do I think should require two votes?
  - B. Who else's thoughts should we consider?
  - C. What other factors should we consider?
  - D. Can how we make decisions causing issues in a relationship?

13. Do I want to do consulting part time?

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14. Do I want to have an internet business that someone else can run while I play?
15. Do I want to do volunteer work?
16. How much time do I want to spend with my children and grandchildren?
17. What do I want to plan to do with my friends?
18. Do I want to stay in the home I live in now?
19. Do I want to sell this home and retire in a second home we bought or buy a retirement home?
20. Do I want to live with my children in retirement?
21. Do I want to travel in my own country?
22. Do we want to travel internationally?
23. What else do I want to consider as I plan for retirement?
24. What else does my spouse want to consider?
27. VERY IMPORTANT: Take care of your health so that you have good health so that you continue to enjoy retirement. We wish you health, wealth and the time to enjoy it. Here is one example of how a couple uses their personality strengths in retirement.

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