**RETIREMENT ACTIVITIES**

***“The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives.”***

**Albert Einstein**

Involvement in rewarding and enjoyable activities leads to living a satisfying retirement. Each of us has life values that are unique to ourselves and these values influence the activities that we pursue now and would like to pursue in the future (i.e. during retirement).

The following exercise is designed to help you identify retirement activities that line up to your values.

**Step 1:** Place a check mark beside the values in the following list that are important to you.

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|  | Independence |  | Respect |
|  | Financial security |  | Completing what I start |
|  | Authority |  | Status |
|  | Achievement |  | Popularity |
|  | Recognition |  | Helping or caring for others |
|  | Community Service |  | Creativity |
|  | Opportunity to learn |  | Excitement |
|  | Being productive |  | Making a difference |
|  | Flexibility |  | Working with people I like |
|  | Stimulation |  | Challenge |
|  | Mastery of skill |  | Novelty |
|  | Fulfilling my potential |  | Variety |
|  | Having fun |  | Having structure in my life |
|  | Teaching or mentoring others |  | Living a balanced lifestyle |
|  | Being part of a group |  | Spending time with friends and family |
|  | Having time for myself |  | Keeping fit |
|  | Self-improvement |  | Sociability |
|  | Learning new things |  | Being well organized |
|  | Self-confidence |  | Appreciating nature |
|  | Being involved in sports |  | Earning an income |
|  | Working with my hands |  | Spiritual development |
|  | Inner harmony |  | Wealth |
|  | Having an influence |  | Feeling secure |
|  | Contemplating |  | Having a sense of purpose |

**Step 2:** From the previous list, choose 5-10 values that you most want your life to reflect. Put a check mark beside the values that are currently being met in your work life. In the third column, identify how this value could be met during retirement.

**Example:**

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| **Value** | **At Work** | **During Retirement** |
| *Financial security* | *√* | *Employer pension, CPP/OAS and sufficient RRSP savings* |
| *Community service* |  | *Volunteer work at local hospital (fund raising) and church committee.* |
| *Having fun* |  | *Golf, ski and travel* |
| *Keeping fit* |  | *Join local YMCA, golf and ski* |
| *Learning new things* |  | *Learn to speak Spanish* |

**Your turn:**

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| **Value** | **At Work** | **During Retirement** |
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