

Life After Work

If you are uncertain about how you will spend your time in retirement, complete the “Life After Work” worksheet.

Before using this form:

1. Download and save a copy to your computer or cloud storage.
2. Close the online version and open the copy you saved.
3. Enter your information and save the form.
4. Save again after making changes.

LIFE AFTER WORK					
	Activity Category	Description		Activity Style	Description
	Social	With others		Alone	An activity that I do alone
	Physical	Fitness or sports		People	A people-oriented activity
	Intellectual	Mental stimulation		Jointly	An activity I do with my spouse/partner or companion
	Paid work	New Career or Job		Family	An activity I do with a family member
	Community Volunteer			More	I would like to spend more time on this activity
	Travel			Better	I would like to become better at doing this activity
	Spiritual Well-Being			Risk	This activity requires risk (physical, emotional, intellectual, financial)
	Managing Money			MoreJ	An activity that I would like to do with my spouse/partner or companion
	Other			MoreF	An activity that I would like to do with a family member

ACTIVITY CATEGORY	ACTIVITY STYLE	ACTIVITY	HOURS SPENT PER WEEK	HOURS SPENT PER MONTH
E.g. Social	People	Tuesday curling league	3	

Considerations

Once you're done, ask yourself the following questions regarding each of the activities you listed. Is this an activity that...

I will be able to do in retirement?
I might have to modify if it becomes too physically challenging?
I enjoy doing and it costs less than \$25.00?
I can add to, or expand, to create further interest? For example, if you're a photographer, could you learn to use Photoshop?
Was a great experience that I want to repeat?
May be a great experience that I would like to have?

Seasonal Activities

When will you do each of your preferred activities? Will you be busy in the winter but not in the summer? Use the "Seasonal Activities" worksheet to categorize your retirement activities by season.

Summer

Winter

Spring

Autumn

Any or All Seasons

Volunteering

What activities that I currently enjoy would I like to continue after I retire?	
1.	
2.	
3.	
4.	

What activities might I enjoy that I'd like to try after I retire?	
1.	
2.	
3.	
4.	

Which of these interests might find expression in volunteer work?	
1.	
2.	
3.	
4.	

What volunteer organizations do I know of that may be able to use my skills?	
1.	
2.	
3.	
4.	