

Your Overall Satisfaction Score

OVERALL SATISFACTION SCORE: 96

The overall satisfaction score is a comprehensive measure indicating your readiness for retirement. Scores above 95 suggest a high likelihood of satisfaction, while scores at or below 95 signal areas that need attention.

Your Satisfaction Component Scores

PERSPECTIVE 24

Outlook on Enjoyment of Life

A positive outlook is crucial for managing major changes. Scores above 27 reflect positivity, while lower scores may require attention to enhance outlook.

Having a positive outlook on life is crucial for a fulfilling retirement. A positive perspective helps in navigating major life changes and contributes to overall well-being. Individuals with high scores in this category are more likely to adapt, find joy in new experiences, and maintain a sense of purpose.

To enhance your perspective, consider engaging in activities that bring joy, connecting with like-minded individuals, and exploring new hobbies. Cultivating a mindset of optimism and embracing the opportunities that retirement offers can significantly contribute to your satisfaction in this phase of life.

Recommendations:

- Engage in activities that bring joy and fulfillment.
- Connect with a community of retirees for shared experiences and support.
- Explore new hobbies or interests to keep life exciting and purposeful.

Finances 19

Ability to Afford Desired Retirement

Financial concerns can impact satisfaction. Scores above 14 indicate financial stability, while scores at or below 13 may necessitate financial preparation.

Financial stability is a cornerstone of a worry-free retirement. A secure financial foundation allows you to pursue your desired lifestyle without the stress of economic concerns. Individuals with high scores in this category can confidently enjoy their retirement, knowing they have planned adequately.

To improve your financial readiness, consider working with a financial advisor to assess your retirement income, explore investment opportunities, and create a sustainable budget. Proactive financial planning ensures that you can comfortably embrace the activities and experiences you've envisioned in retirement.

Recommendations:

- Collaborate with a financial advisor to assess retirement income.
- Explore investment opportunities to secure long-term financial stability.
- Develop a realistic and sustainable budget for your retirement lifestyle.

Expectations

13

Flexible Expectations about Retirement

Open-mindedness about retirement enhances satisfaction. Scores above 17 reflect flexibility, while scores at or below 16 suggest a need for attention to expectations.

Flexibility in your expectations about retirement opens the door to a more diverse and satisfying experience. Those who approach retirement with an open mind are better equipped to navigate unexpected changes and find joy in unanticipated opportunities.

To enhance your flexibility, consider exploring different aspects of retirement living, embracing change, and remaining open to new possibilities. By cultivating an attitude of adaptability, you can ensure that your retirement journey remains dynamic and fulfilling.

Recommendations:

- Explore different aspects of retirement living before settling on a fixed plan.
- Embrace change and view it as an opportunity for growth.
- Stay open to new possibilities and experiences to enhance your retirement journey.

Friends, Family and Community

9

Strength of Support Network

A strong support network outside of work is vital. Scores above 13 indicate strength, while scores at or below 13 may require attention to network building.

A strong support network is invaluable in retirement, providing a sense of belonging and meaningful connections. Individuals with a robust network of friends and family experience enhanced emotional well-being and have a support system to lean on during life's transitions.

To strengthen your social connections, actively engage with friends and family, join community groups or clubs, and consider volunteering. Building and maintaining these relationships will contribute to a more fulfilling retirement, ensuring you have a network of support as you navigate this new chapter.

Recommendations:

- Actively engage with friends and family to strengthen relationships.
- Join community groups or clubs to expand your social circle.
- Consider volunteering to connect with like-minded individuals and contribute to your community.

Health

19

Ability to Enjoy Life after Retirement

Health plays a crucial role in post-retirement enjoyment. Scores above 13 suggest no major concerns, while scores at or below 13 may require attention to health.

Maintaining good health is fundamental to enjoying a vibrant and active retirement. Individuals with high health scores can fully participate in the activities they love, fostering a sense of fulfillment and well-being.

To prioritize your health, establish regular exercise routines, maintain a balanced diet, and schedule routine health check-ups. Taking proactive steps to ensure your well-being will not only contribute to a more enjoyable retirement but also provide the energy and vitality needed to pursue your passions.

Recommendations:

- Establish regular exercise routines tailored to your preferences.
- Maintain a balanced and nutritious diet to support overall health.