

RQ Multi-Layer Questions & Responses For Variances

Page 7: work life section - Social activity and camaraderie in the workplace

Your score of a “__” for social connection suggests a majority of your social activity is not related to the workplace. Your responses to other social networking questions are helpful to see in conjunction with this response to see if there is support or gaps in how your social life may look in retirement. Your response to the question, Where are the people you feel most comfortable with, was _____. You also scored your closeness with friends as a “__” and “__” for closeness with family.

Page 8: Physical activity in the workplace

Once again, your responses to other physical activity questions are helpful to see in conjunction with this response to see if there is support or gaps in how your physical wellbeing may be impacted in retirement. Your response to the scale question for your overall physical health and well-being was “__”. Your response to the question about your plans for physical fitness in retirement was _____ and your response to your level of consistency with your current exercise routine was, _____

Page 8: High-Ranking Work-Related Concerns:

High scores in multiple categories simply means that removing yourself from it, many times in a cold-turkey fashion, may create some unexpected voids in your life and developing ways to replace the things work provides for you in these areas is essential. Your scores of “3” or higher for work related categories were:

_____, _____, _____

Page 10: Life Satisfaction In Retirement

Do you expect your overall life satisfaction in retirement to be lower, the same, or higher? Believing that the best is yet to come is a philosophy that helps foster fresh ideas, new possibilities, and hopes for the future. A positive mental attitude can foster creativity, which can be turned into goals, then into specific strategies, lead to new experiences, opportunities, and accomplishments. Your answer, Better / Higher, suggests you have a positive outlook for your next phase of life. Your responses to other questions about life satisfaction and improvements within it are helpful to see in conjunction with this response. You scored the following area(s) of your current life as “3” or higher: attitude about aging “__” physical health “__” closeness with friends “__” bond with family “__” spiritual well-being “__”. You also scored the following area(s) as “2” or lower: None

Page 11: What is the current status or your mental, social, physical, and spiritual life

In this series of five questions, we asked you to rate your current mental, physical, social (family and friends), and spiritual life. While these scores serve as a baseline for your transition, we understand that lower ratings may be the result of limitations due to health, family dynamics, or personal style or preferences. In other words, someone with a health condition may score their physical health as a “3” and feel that is really good for them and their particular situation. Therefore, when appropriate and if comfortable, discuss any special circumstances with your coach so they can better cater follow-up options to meet your needs. Your answers are on page 2 of the report, and listed here for reference as well: you have a positive attitude about life after work “__” are in good physical health “__” feel close to friends “__” have a strong bond with family “__” are well positioned spiritually
“__”

Page 11: People you are most comfortable with

Where are the people you are most comfortable with, how many times have you been invited out recently, and how many people have you invited out in the same time frame?

Once again, it can be helpful to include related answers to help assess the location of your social network. When asked about how many non-work-related events you attended in the last 30 days you answered “__” and in the

same period invited “__” people out to a non-work-related event. Furthermore, in the work life section your rate your degree of social activity and camaraderie at work to be a “__”

Page 12: What’s your plan for physical fitness

Your answer, _____, suggests you may be waiting and hoping to start some beneficial things for your overall well-being once you get to retirement rather than having them already in place and simply continuing to do them.

You also responded that your exercise routine is _____ and gave yourself a healthy, conscious eating score of “__.” Seeing these factors together serves as a way to assess where you’re currently at, what could use some improvements, and even provide a little pat on the back for doing well in any of these three factors.

Page 13: Life Long Learning

You responded that your preferred way of learning things is to _____. When it comes to lifelong learning, your answer “__” highlights the fact that you not only like to learn but regularly engage in activities that allow you to grow. This positions you to continue to build on your existing skills and abilities, increase wisdom, adapt to change, find meaning, and stay an active contributor to society.

Page 16: Highlights Summary

Some key aspects and highlights from your responses include that you: feel accomplished in the workplace, are highly resilient, have an existing passion, hobby, or role that defines you outside of the workplace, have a positive attitude and mindset around aging and retirement, are in good physical health, feel connected to friends, feel close with family, feel positive about your spiritual life, have a solid grasp of technology to help keep you relevant and connected, have a solid grasp of technology to help keep you relevant and connected, are a healthy, conscious eater, have a clear vision for volunteering in retirement, know how you will introduce yourself in retirement, are a life-long learner, have led a full life so far, and are aging well.