



## Retirement Resources Inventory

Developed by Leung & Earl (2012), Retirement Resources Inventory (RRI) aims to promote a holistic approach to examining retirement resources. It helps identify resources that need to be incorporated in your retirement planning and guide you to address specific resource deficits. Its items can be divided into three factors: RT1 (emotional, cognitive and motivational resources), RT2 (social resources), and RT3 (physical and financial resource). This structure is perfectly consistent with Resource-Based Dynamic Model we mentioned in webinars, and by filling out this inventory, we hope this would give you an opportunity to review what resources you already have and what resources you could expand in retirement.

Please rate the following items according to your recent status.

(1) I would consider my general health condition to be \_\_\_\_\_.

extremely poor    fairly poor    average    good    extremely good

(2) I am \_\_\_\_\_ affected by one or more major physical illnesses (e.g. heart disease, diabetes, foot problems, arthritis, hypertension).

not    mildly    moderately    more than moderately    severely

(3) I am \_\_\_\_\_ affected by one or more mental disorders (e.g. dementia, depression, anxiety disorder, panic disorder).

not    mildly    moderately    more than moderately    severely

(4) I have \_\_\_\_\_ energy to carry out daily activities or activities that I am interested in.

very little/no    limited/inadequate    a moderate amount of    a substantial amount of    excess

(5) I possess \_\_\_\_\_ income to support my/my family living expenses.

very little/no    limited/inadequate    a moderate amount of    a substantial amount of    excess

(6) I have \_\_\_\_\_ financial support from my personal savings.

very little/no    limited/inadequate    a moderate amount of    a substantial amount of    excess

(7) I have \_\_\_\_\_ financial support from my investments.

very little/no      limited/inadequate      a moderate amount of      a substantial amount of      excess

(8) I have \_\_\_\_\_ financial support from my superannuation fund.

very little/no      limited/inadequate      a moderate amount of      a substantial amount of      excess

(9) I have \_\_\_\_\_ friends whom I can interact with regularly.

very few/no      few      a moderate number of      a substantial number of      many

(10) I have \_\_\_\_\_ family members whom I can interact with regularly.

very few/no      few      a moderate number of      a substantial number of      many

(11) I know \_\_\_\_\_ people from various sources (e.g. religious groups, leisure groups, sporting teams, volunteer groups, part - time employment).

very few/no      few      a moderate number of      a substantial number of      many

(12) I would consider interactions with friends (in general) to be \_\_\_\_\_ supportive.

not at all      fairly      moderately      quite      very

(13) I would consider interactions with family members (in general) to be \_\_\_\_\_ supportive.

not at all      fairly      moderately      quite      very

(14) I would consider interactions with acquaintances from various sources (e.g. religious groups, leisure groups, sporting teams, volunteer groups, part - time employment) to be \_\_\_\_\_ supportive.

not at all      fairly      moderately      quite      very

(15) I \_\_\_\_\_ receive informational support from others, where informational support refers to receiving information or advice from someone on handling difficult circumstances, rectifying a situation, following through with a solution, following - up on a difficult event, and receiving constructive criticism.

never                  rarely                  sometimes                  often                  very often

(16) I \_\_\_\_\_ receive emotional support from others, where emotional support means someone was available to listen, to acknowledge my feelings,

never                  rarely                  sometimes                  often                  very often

(17) I \_\_\_\_\_ receive tangible support from others, where tangible support refers to receiving help with meal preparation, temporary housing, household chores, shopping, respite, financial needs, transportation, care of the house when away, and the loan of something I needed.

never                  rarely                  sometimes                  often                  very often

(18) I experience \_\_\_\_\_ positive emotions (i.e. interested, excited, strong, enthusiastic, proud, determined, alert, inspired, attentive, active).

very little/no          limited/inadequate          a moderate amount of          a substantial amount of          excess

(19) I have \_\_\_\_\_ ability to perceive my/others' emotions accurately.

very little/no          limited/inadequate          a moderate                  a substantial                  excess

(20) I possess \_\_\_\_\_ knowledge about how emotions vary or influence behavior.

very little/no          limited/inadequate          a moderate                  a substantial                  excess

(21) In general, I feel that I have \_\_\_\_\_ ability to use emotions to facilitate my thoughts and communication.

very little/no          limited/inadequate          a moderate                  a substantial                  excess

(22) I have little control over the things that happen to me.

strongly disagree          disagree                  neutral                  agree                  strongly agree

(23) I feel that I am a person of worth, at least on an equal plane with others.

strongly disagree      disagree      neutral      agree      strongly agree

(24) I \_\_\_\_\_ forget things in the immediate past or where I have placed things.

never      rarely      sometimes      often      very often

(25) I have \_\_\_\_\_ ability to recall events that happened a while ago.

very little/no      limited/inadequate      a moderate      a substantial      excess

(26) I have \_\_\_\_\_ ability to recall meanings and spellings of different words/concepts.

very little/no      limited/inadequate      a moderate      a substantial      excess

(27) I have \_\_\_\_\_ ability to acquire new knowledge or skills.

very little/no      limited/inadequate      a moderate      a substantial      excess

(28) I would consider my speed of processing information (e.g. numbers, texts) to be generally \_\_\_\_\_.

very slow      slow      moderate      fast      very fast

(29) I have \_\_\_\_\_ ability to understand and solve problems.

very little/no      limited/inadequate      a moderate      a substantial      excess

(30) I have \_\_\_\_\_ ability to perform good decision making (i.e. selecting the most appropriate choice from the available options).

very little/no      limited/inadequate      a moderate      a substantial      excess

(31) When faced with difficulty, I usually increase my efforts.

strongly disagree      disagree      neutral      agree      strongly agree

(32) Even when things seem hopeless, I keep fighting to reach my goals.

strongly disagree      disagree      neutral      agree      strongly agree

(33) I can easily adapt to changes in goals, plans or circumstances.

strongly disagree      disagree      neutral      agree      strongly agree

(34) When I get stuck on something, it's hard for me to find a new approach.

strongly disagree      disagree      neutral      agree      strongly agree

(35) I create many problems for myself because I set unrealistic goals.

strongly disagree      disagree      neutral      agree      strongly agree

Thank you for taking the questionnaire. You can send this sheet back to us upon completion and ask us for an interpretation. Or, if you would prefer to have the computer calculate your scores, please scan the following QR Code to access a user-friendly shortened online version.



### Reference

Leung, C. S. Y., & Earl, J. K. (2012). Retirement Resources Inventory: Construction, factor structure and psychometric properties, *Journal of Vocational Behavior*, 81(2), 171-182, <https://doi.org/10.1016/j.jvb.2012.06.005>.