



What is Lost and Gained in Retirement? Self-Reflection Worksheet

Introduction

Although many of us think that we can't wait to get away from the stress and demands of work there are often also many great things that work gives us in our lives, besides a stable income. Research studies have shown that people don't fare well in the transition to retirement when they are hanging onto their work roles or haven't built strong social connections and interests outside of work. How about you? The following are questions to help you reflect on what you might lose and gain in the transition to retirement:

Write Your Reflections in the Space Provided Below

Although work can be challenging, there are many aspects that are difficult to replace when you retire. ***What will you miss most about your job? Can you think of any ways to bring these aspects into your retirement life?***

When you think about the hassles of your job, ***what will you gain from retirement? In other words, what will you have freedom from when you retire?***

