



- ▶ Outlook and Vision
- ▶ Life Transitions
- ▶ Models of Retirement
- ▶ Life Cornerstones



**Lifestyle**



- ▶ Health
- ▶ Work and Volunteering
- ▶ Activities and Hobbies
- ▶ Travel
- ▶ Housing



**Relationship**



- ▶ On my own
- ▶ Life Partners
- ▶ Friendships
- ▶ Parenting



**Finances**



- ▶ Net Worth
- ▶ Cash Flow
- ▶ How Much is Enough?
- ▶ Estate Planning
- ▶ Checklist and Legacy



**Exercises**



- |                              |                         |
|------------------------------|-------------------------|
| 1 - who inspires me          | 6 - travel plans        |
| 2 - my life list (mind maps) | 7 - home & community    |
| 3 - my health                | 8 - my relationships    |
| 4 - work & volunteering      | 9 - how much is enough? |
| 5 - activities & hobbies     | 10 - my spending        |