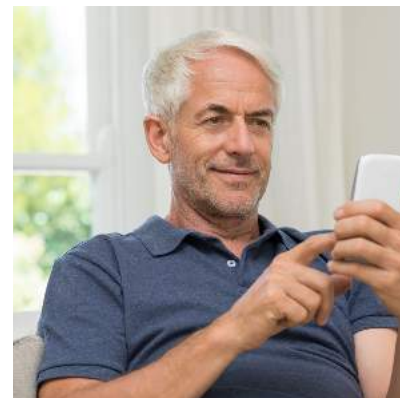




ARE YOU RETIREMENT READY?

...and we're not talking money!

Use the checklist to find out!



Welcome



It's great to meet you! I'm Karen Knott, retirement coach and founder of Prime Time Possibilities.

Retirement is a life transition that requires introspection and intention. That's why I'm absolutely thrilled you've chosen to download the '**Are You Retirement Ready?**' checklist.

Creating a personally meaningful and satisfying new chapter is no doubt your aim, but it's completely understandable to feel a sense of vulnerability and uncertainty when making decisions for "what's next."

Figuring out where to begin can be the trickiest part and that's where this checklist can help by giving you a tangible starting point, to get the ball rolling.

But it's not just about checking boxes; it's more of a self-assessment tool encouraging you to reflect on what a fulfilling retirement looks like **for you...** a future that reflects your values, interests, and dreams.

It's time to get intentional... time to get ready!

This checklist, based on my **Six P's Retirement Framework**, will help you build a rock-solid foundation for a happy, healthy, and fulfilling retirement.



Go through each section, marking each statement with a tick in the green, amber, or red box based on your current feelings and plans for retirement:

- Green = Well-prepared, confident with a clear vision.
- Amber = Moderately prepared, with areas that need a bit more clarifying.
- Red = Limited preparedness, and it's time to change this!

Be open about any uncertainties - the goal is to gain insights for you to make informed decisions. Take your time, be true to yourself, and use the checklist as a framework for genuine self-reflection.

I'll walk you through your choices on the other side!

Karen x

Checklist



Passions

I fully intend taking time to explore a number of ideas that are calling me.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I've crafted plans to shape a retirement that revolves around doing more of what truly makes my heart sing.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel motivated, energised and enthusiastic for what this phase of life has to offer.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Purpose

I have purposeful projects planned that will nourish my soul, make a positive impact & inject meaning into my retirement.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I'm comfortable with letting my purpose evolve as I discover exciting new ways to contribute with passion and meaning.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I have a clear idea of how I can put my experience, wisdom and talents to good use in a positive and meaningful way in retirement.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Potential

I have strategies in place to stay curious, keep my mind active, explore new subjects, and embrace lifelong learning.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I welcome retirement as a time of expansion, reinvention & growth with an open mind and open heart.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I'm ready to let go of things/ways of being that no longer serve me and create space for exciting new opportunities.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Checklist



Prosperity

I feel secure knowing my finances are under control and ready to support my dreams.

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I'm committed to looking after all aspects of my well-being for a fulfilling future.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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My retirement vision blends relaxation, fulfilling hobbies, contribution and meaningful work (optional).

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Perspective

Retirement is a thrilling new chapter! I embrace this exciting transition with an open mind and positive attitude.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel proactive, intentional and prepared to take ownership of any changes I want to make to improve life in retirement.

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I'm brimming with optimism and can't wait to explore the possibilities and adventures that lie ahead.

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People

I'm planning ways to stay connected with loved ones, and exploring opportunities to build new friendships that enrich my future.

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I have many different relationship 'circles' that combine to provide me with all the support, stimulation and encouragement I need.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I'm eager to initiate activities that connect me with younger generations, offering my life experience while learning from their fresh perspectives and vibrant energy.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Reds, ambers or greens?



Before you reflect on your checklist choices I want to remind you this is not a test, it's a launchpad! The aim of the exercise is bring you into a proactive space where you're informed, empowered, and ready to forge ahead. Think of this as a snapshot, a starting point to bridge the gap between where you are and where you want to be.

So let's tally up your colours to get an overall sense of where you are on your retirement readiness spectrum.

● Green areas signify confidence and readiness.

Applause, please! Your greens are more than just areas of strength, they speak volumes about your clarity, confidence... and readiness! They show clear goals and purposeful, intentional actions paving the way to a retirement brimming with fulfilment, purpose and joy. Keep building, stay adaptable, and share your insights – collaboration enriches us all. Remember, even green areas need continued care and adaptation to thrive. Engage in your community, stay curious, and continue to navigate this dynamic phase with intention.

● Amber areas indicate you've made a start but things need a bit more clarifying.

The amber areas highlight aspects of your retirement vision that are still a bit blurry. Take some time to think about what's keeping them from turning green. Visualize your ideal retirement lifestyle, then map out the steps needed to achieve it. Talk to loved ones, explore new interests, and brainstorm creative ways to fulfill your desired future. Don't shy away from seeking expert advice, attending workshops, or tapping into the wisdom of experienced retirees.

● Red areas require additional attention and care.

Don't let the red areas discourage you - they're simply highlighting areas in need of attention! Set aside judgment and welcome the red flags as signposts to retirement opportunities and personal growth. What valuable lessons lurk within each red flag? What skills can you hone? What resources can you leverage? Your 'next evolution' is calling and it's time to get intentional and give it the attention it deserves. Seek guidance from professionals, explore retirement communities, or join support groups. Remember, "readiness" is a journey, and even small steps can make a world of difference.

Reflections



Take a moment to reflect on the emotions, insights, and even surprises that arose while completing the checklist.

Did you feel empowered, reassured, disappointed?

Every reaction is a valuable piece of the puzzle!

Jot down the key takeaways from the checklist process. (Don't forget to save as you go!)

- What resonated most with you?
- Did any unexpected emotions surface? Are they excitement, clarity, or maybe even a tinge of fear? Embrace them all!
- Were there any surprising discoveries about your desires, dreams, or even concerns for your future? Note them down!

Reflections



Now, let's turn your reflections into actions:

- Outline 2 or 3 concrete actions you'll take based on your reflections. Be specific! Instead of "explore hobbies," choose "reach out to 3 local art groups this month."
- Prioritise your actions and set realistic deadlines. Remember, even small steps make a big difference!

By capturing your insights and translating them into concrete actions, you're turning this simple checklist into a dynamic tool. It's not just a one-time assessment, but a catalyst to crafting a meaningful and purposeful path to your retirement.

So, reflect, plan, and take action! Your incredible next chapter awaits.

Next steps...



First of all I want to congratulate you for downloading the Checklist. Your responses contain an **enormous** amount of information to help you create a truly wonderful retirement.... IF you choose to act on it!

So what I really want to do at this point is to simply encourage you to **take the next step** and follow the momentum and inspiration that brought you here.

Here are a few suggestions for you:

- The Retirement Springboard is the jumping-off point for ALL my coaching programs. [Find out more here!](#)
- [Coaching Corner is a series of short "mini-podcasts"](#) sharing insights and strategies for creating a fulfilling, joyful retirement. Join me as we explore what it takes to thrive in retirement and make the most of your Third Age.
- Delve into the growing library of [blog articles](#) where you're sure to find something of interest
- If you're still doubting your readiness to take the next step, [why not take me up on my invitation for a 'Virtual Coffee'](#) - an informal opportunity to talk things through and help you find a bit more clarity, confidence... and readiness!

Look out for more exclusive resources winging their way to your inbox in the coming days, especially curated to inspire and empower you to create active, healthy, and fulfilling retirements.

Your retirement adventure is waiting to begin - get ready to make it truly extraordinary!

Can't wait to see what you do next!

Karen x