



Retirement Transition Planning

A practical guide to help you prepare
for your next chapter with confidence

Retirement is one of life's biggest transitions. While financial planning gets a lot of attention, a truly successful retirement takes more than numbers. This guide is designed to help you think through the personal side of retirement, including how to stay active, connected, and focused. It covers:

Awareness
& Emotional
Readiness

Finding Purpose
& Encore
Opportunities

Focusing
on
Connection

Creating
Structure That
Works for You

Integrating
Financial &
Life Planning

Awareness & Emotional Readiness

All major life changes come with emotional shifts. Feeling uncertain is normal, especially when leaving behind a long-standing routine. Recognizing this early can help you move forward more comfortably.

PROMPTS:

What are you most looking forward to in retirement?

What parts of your current routine or identity will be hardest to leave behind?

When have you navigated a big change in the past? What helped you adjust?

Finding Purpose & Encore Opportunities

As a generation of hard workers, many people tie their identity to a job title or productivity. But it's important to remember: your career is part of you, not all of you. Retirement may close one chapter, but it creates space for what comes next. The key is staying engaged in ways that feel meaningful and satisfying to you.

PROMPTS:

What activities make you feel fulfilled?

What strengths or skills do you enjoy sharing?

How would you like to answer, "What do you do?"

Focusing on Connection

Leaving the workplace often means leaving behind regular interaction. Staying socially connected supports both mental and physical health.

PROMPTS:

Who are the people you want to stay in regular contact with?

Are there local clubs, faith groups, or social activities you could join?

SIMPLE WAYS TO STAY CONNECTED

- Reconnect with friends or former coworkers
- Join community clubs, classes, or groups
- Set regular check-ins with family or neighbors
- Volunteer or mentor in your community



Creating Structure That Works for You

PROMPTS:

Without the rhythm of a traditional workweek, some people are left adrift. A little planning goes a long way toward maintaining motivation and balance.

Do you prefer a fixed routine or a flexible one?

What makes a week feel productive and enjoyable to you?

Why Activity Balance Matters:

Retirement is about more than staying busy; it's about spending time in ways that support your physical, mental, and emotional well-being. By including a variety of activity types, you create a weekly rhythm that feels both productive and sustainable.



Move

Keeps your body healthy and boosts mood

Examples: walking, swimming, stretching, gardening



Learn

Keeps your mind sharp and curious

Examples: read, take a class, listen to a podcast



Connect

Strengthens relationships and reduces isolation

Examples: meet a friend, join a club, family time



Rest

Gives you time to recharge

Examples: unplug, nap, watch a favorite show



Contribute

Provides purpose and helps others

Examples: volunteer, mentor, help a neighbor

YOUR WEEKLY PLANNER

	Move	Learn	Connect	Rest	Contribute
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Integrating Financial & Life Planning

A strong transition plan connects your financial resources with the way you want to live. From travel and hobbies to housing and healthcare, it helps to think through how your priorities align with your financial decisions.

QUESTIONS TO CONSIDER:

Do you have a strategy for generating income in retirement?

Have you reviewed your healthcare and insurance coverage?

Are there large expenses you want to plan for, such as home updates, travel, or helping family?

Have you thought about giving back or organizing your legacy plans?





If you would like help thinking through these areas or clarifying your next steps, we are available to support your planning.

Reach out to start the conversation.

This material was created for educational and informational purposes only and is not intended as ERISA, tax, legal, or investment advice. If you are seeking investment advice specific to your needs, such advice services must be obtained on your own separate from this educational material.

©401(k) Marketing, LLC. All rights reserved. Proprietary and confidential. Do not copy or distribute outside original intent.