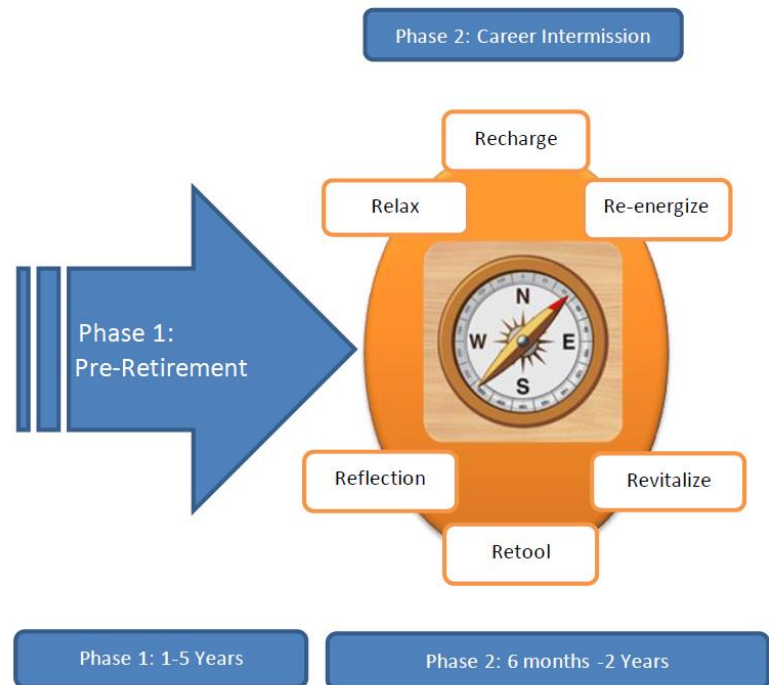


Using the Retirement Five Year Planning Sheet

You may have used a plan like this in your business life, but as you look at retirement, you may see it as a time to be unstructured, free of goals and objectives; you get to sleep in, after all. But, if you don't spend some time thinking about, planning, writing down and sharing with family and friends, you may well slip into the darker side of retirement.

If you are lucky, you have already started your pre-retirement planning anywhere from one to five years before you actually retire. This includes both the financial as well as psychosocial side of your planning.



The second stage of retirement which can last anywhere from six months to two years is retirees can enjoy a period of relaxing, recharging, re-energizing, revitalizing, retooling and reflecting¹. Whether in pre-retirement planning on in retirement activities, it's time to find your own **direction**. However, in seeking where you want to head, you will need a personal **map**. This is where the Retirement Five Year Planning Sheet can help you.

The Retirement Five Year Planning Sheet has a few features. The first columns include four quarters of the current year for planning and the

Focus	Name:				Date:				Version #			
	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Year 2	Year 3	Year 4	Year 5				
Work/ Career												
Financial												
Health												
Family & Friends												
Personal Growth												
Other												
Notes												

¹ Adapted from Merrill Lynch

three remaining columns for 2nd, 3rd and 5th years.

The rows reflect areas of life on which you can focus including Work, Financial, Health, Family and Friends, Personal Growth and “Other”.

The intention here is to think **systemically**. Like the parts on a windchime or mobile, these rows will interact or affect each other. A change in one will influence or bring about changes in another. For example, if you are planning to go back to trade school or college as part of your personal growth goal, the costs impact your finances. If you plan to move out of town to live in a new community, this may impact both your finances and your family and friend connections.

The sheet works in two directions. A plan in the first quarter may affect activities or goals one year or even five years from now. Similarly, a goal in five years may well affect an activity or goal in the first quarter.

To illustrate this, an example would be the health goal of losing weight. A goal of losing 50 pounds in five years can seem overwhelming. However, it can be

Name:		Date:			Version #		
Focus	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Year 2	Year 3	Year 5
Work/ Career							
Financial		Gym membership will impact budget					
Health	Lose 3-4 pounds Consult with MD Consult with nutritionist Exercise program Research gyms	Lose 3-4 pounds Join Gym	Lose 3-4 pounds Attend gym consistently	Lose 3-4 pounds Follow up with MD Check lab changes	Lose 10 pounds	Lose total of 30 pounds	Successful lose 50 pounds total
Family & Friends	Connect with family Discuss commitment						
Personal Growth							
Other							
Notes							Chris Gomberg Retirement Coach

broken down into three or so pounds a quarter. A ***much*** more reasonable and attainable effort! But systemically, this will also affect other areas in your life such as other health issues. Maybe you'll get to reduce the prescription medications you take, which is why you consult with your physician and/or nutritionist in the first quarter to be sure your weight loss goal and activities are safe for you. Then you set the goal to follow up each year with your physician/nutritionist to track your health progress. You may also plan to join and attend an exercise gym. Certainly, this kind of exercise and weight loss will lead to new clothes. Achieving your weight loss goals will affect your clothing budget and other finances as well. Your weight loss will lead to heightened self-esteem because you look and feel better further promoting your personal growth. You can see how these efforts will **systemically** impact multiple areas of your life.

You'll notice "Your Name, Date and Version" appear at the top of the sheet. You can create many different maps. One might be where to live, another, personal growth or health, finances, work and family/friends, resulting in several iterations of your sheet. Your curiosity about these areas provides you with more to explore and consider, not limiting you to just one crowded unreadable sheet.

Importantly, having plans like these can help you avoid some of the darker sides of retirement such as isolation and lack of connections, family conflicts, depression, anxiety, substance abuse and other health conditions that can affect a successful and meaningful retirement. Too often people keep this process as an internal dialogue. It is critical that you share thoughts, ideas and plans with others!

Finally, another strategy to supplement your planning is the use of the "***SMARTER Goals***" process. You may have done this in the past in your personal or business life and you may be saying, "I don't want to work anymore!" However, SMARTER Goals can help you set your goals and objectives in effective and efficient terms, leading to greater health and



satisfaction in your retirement. It's best not to leave things to the last minute. I would suggest, as you are doing your exploration, that you at least add "by when" with each effort you are considering.

If you'd like to talk more about this exercise and see how it can work for you or consult about other aspects of pre-retirement and in-retirement coaching services, please contact me using any of the methods below.

Website: www.chrisgombergretirementcoach.com

Email: chrisg@chrisgombergretirementcoach.com

Phone: 818-692-1934