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Qantas Super members who sign up for retirement coaching from 64PLUS will enjoy a 10% discount.

# Retirement teasers

## from 64PLUS



When you retire your life will change. In order to help you to prepare for this we have created a simple list of retirement teasers.

### Consider the 5 questions below.

Answer each question with a number from 1 to 10 where: 1 = I have hardly thought about it and 10 = I have given it a lot of thought.

If ANY score is 5 or less you may benefit from seeing a coach who can help you to think about your retirement. Contact details are at the bottom of this page.

1 Have you discussed retirement with your family?

2 Do you imagine you will still think about work in retirement?

3 What is your AAA rating: Annual income Adequate to Aspirations?

4 How busy do you want to be in retirement?

5 How much more attention will you pay to your health in retirement?

### 1. Have you discussed retirement?

Retirement is almost certain to be a large-scale transition in your life. You can't prepare the ground completely; but it will ease the process if you have discussions with family members. A simple point is that you will spend a lot more time at home, post-work.

### 2. Still thinking about work?

Work has taken up a large chunk of your life. You can't simply pretend it didn't exist and move on. On the other hand it's all too easy to dwell on that former phase of life and not move to the next.

### 3. Your AAA rating?

Is your Annual income Adequate to your Aspirations? Of course money matters. You will want to have a cash flow to support your future lifestyle. Discuss this with your financial planner.

### 4. Do you aim to keep busy?

Some people plan, some wing it; some fill every day with activities, others take each day as it comes. There is no correct answer here; but you may want to think about what your approach will be.

### 5. Your health?

When you were working you were probably time-poor. Now you can choose to look after your health, and monitor it more closely.



Jon Glass, an experienced coach, offers coaching face-to-face or on Skype/FaceTime. More details are available at [www.64plus.com.au](http://www.64plus.com.au)

## Contact details

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