



How We Can Help!

When it comes to retirement, there are often more questions than answers. Here is a checklist of situations and topics that often come up as people move closer to it and that we are trained to work with you on. Simply read through the list and check the boxes that you would like to discuss in more detail.

Who am I when I am not working?

When should I retire?

Should I plan to work part-time?

How do I get my spouse off the couch?

How can I be a light in other people's lives?

Should I turn one of my hobbies or passions into a business?

How do I create healthy boundaries with my aging parent who constantly calls?

Should we retire at the same time or different times?

How do I introduce myself? Because when I say, 'I'm retired,' the conversations ends.

Should I / we re-locate? What will it do to our friendships?

Should I / we downsize?

Retirement Coaching Makes A Difference

Why am I struggling to get up in the morning / out of bed every day?

Why am I afraid to tell my friends that I'm not enjoying retirement?

Why do I feel like I lost a part of myself?

Why am I grieving the loss of my career? I hated my job.

Should I retire to be a grandma or stay working?

Why am I feeling lonely, despite being around people?

Why does my volunteer work feel unrewarding?

How do I change my attitude / perception about retirement?

I don't want to live my spouse's retirement – what should I do?

How do I stop feeling invisible to the world?

How do I ignite the desire to continue learning and doing new things?

How can I say “No” to my kids and let them know I have a life too?

Is it bad to want to have friends outside of the married couples we know together?

All my friends are moving to warmer climates ... Should I go with them?

I've always thought I wanted to volunteer but how do I start that process?

My parent(s) are struggling with their own retirement. How can I help them?

I'm feeling tired and lethargic, how do I get more energy?

All my stuff has become a burden, what can I do with it?

How do I change my attitude about aging?

Retirement Coaching Makes A Difference

I never imagined retirement without my spouse. All of our goals and dreams were "we" oriented. How do I figure out what to do with my life now?

How can I stop feeling resentful towards my spouse as he/she has retired and I'm still working?

How do I remedy a ground hog day scenario where each day just repeats itself over and over again?

How can I convince my retired friends that I want to do more than just sitting around eating and drinking?

Should I get remarried in retirement or just live with my significant other?

Should I / we move to be closer to our kids / grand kids?

How do I get over my fear of spending down my retirement savings?

What impact would a divorce have on my life in retirement?

How do I find new friends now that I've lost those at work?

Why is it taking so long to adjust to retirement?

How do I unlearn and relearn in order to keep up with technology?

How do I know if I am too old to start a new career?

Is it possible to enjoy retirement with grown children still living at home?

How can I help people now that I have the time and resources to do so?

What should I do? I don't want to retire but my company is forcing me to retire.

What do I need to do to maintain my health and vibrancy in retirement?

How can I add more fun into retirement?

How do I sort through all my parents "stuff?" It feels overwhelming.

Retirement Coaching Makes A Difference

What steps can I take to make a lasting impact on family, friends, community, and environment?

Why am I going to bed so early every night? Am I depressed? I'm not sleeping? What's going on?

My spouse and I are not on the same page when it comes to our travel budget and destinations. What can I do?

We realize each individual is unique in how they plan for and experience retirement. As a result, there may be topics and situations that go beyond the list we have provided. Please use the space below to share any additional questions or concerns that you may have.

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Once complete, please email a copy of this pdf to rl.robertlaura@gmail.com.



We Are Committed And Dedicated Professionals

At the Wealth and Wellness group, we are dedicated professionals who are committed to helping people thrive in this next phase of life! Our goal is to not only help you see and experience retirement in a truly different and more meaningful light but also to help you:

- ☑ Formulate your vision for your future.
- ☑ Unlock and expand your potential.
- ☑ Reinforce and maximize your strengths.
- ☑ Formulate a plan to keep you relevant, connected, and active
- ☑ Provide encouragement and objective feedback.
- ☑ Develop balance in your life now and in the future.
- ☑ Support your efforts and provide you with increased confidence.
- ☑ Brainstorm strategies to accomplish your goals.
- ☑ Uncover and assist in developing your unique abilities.
- ☑ Inspire you toward continuous improvement and unparalleled results.

To schedule an appointment to discuss this checklist a dreport or to learn more about the us and our other tools, resources, and mission please visit: <http://wealthandwellnessgroup.com>

