



## Retirement Readiness Quiz

**Take the first step towards ensuring a successful retirement!**

This quick assessment will help you gauge your readiness for retirement. After answering the questions, tally your “Yes” responses and multiply by 10. Here's how to interpret your score:

- **Above 180:** On the right track!
- **150–180:** Doing well, but a few areas need fine-tuning.
- **110–150:** Middle of the pack—an action plan is needed.
- **Less than 110:** Time to invest in yourself and your future!

Visit [www.leapretirement.com](http://www.leapretirement.com) for more resources on creating your "No Regrets" Retirement.

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### 1. I adapt or am flexible when events or circumstances change.

☐ Yes      ☐ No

### 2. I am satisfied with the social support from my family.

☐ Yes      ☐ No

### 3. I am satisfied with the financial planning for my retirement.

☐ Yes      ☐ No

### 4. I am satisfied with the planning for the non-financial aspects of my retirement (e.g., activities, social connections).

☐ Yes      ☐ No

**5. I will be able to maintain my standard of living after retirement.**

☐ Yes      ☐ No

**6. I have a positive mental outlook.**

☐ Yes      ☐ No

**7. I make an effort to control my weight.**

☐ Yes      ☐ No

**8. I have regular medical checkups.**

☐ Yes      ☐ No

**9. I am satisfied with my general health.**

☐ Yes      ☐ No

**10. Religious beliefs and spirituality influence my life.**

☐ Yes      ☐ No

**11. I have enough social activities.**

☐ Yes      ☐ No

**12. I get regular exercise or physical activity.**

☐ Yes      ☐ No

**13. I have a passion for multiple projects.**

☐ Yes      ☐ No

**14. I am involved in activities that make society better.**

☐ Yes      ☐ No

**15. I am satisfied with the variety in my leisure activities.**

☐ Yes      ☐ No

**16. I am happy with my life.**

☐ Yes      ☐ No

**17. I am an optimist.**

☐ Yes      ☐ No

**18. I have a college degree.**

☐ Yes      ☐ No

**19. I have never smoked or have quit smoking.**

☐ Yes      ☐ No

**20. I consume less than 10 alcoholic drinks per week (1 Drink = 12oz beer, 5oz wine, 1.5oz liquor).**

☐ Yes      ☐ No

## Comments

**Please provide any additional thoughts or reflections on your retirement readiness:**

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## Score Your Readiness:

1. **Count up your "Yes" answers and multiply by 10.**
2. **Interpret your score:**
  - **Above 180:** You are on your way to a highly successful retirement.
  - **150–180:** Doing great! A few areas to fine-tune.
  - **110–150:** Middle of the pack—an action plan is needed for the low-scoring areas.
  - **Below 110:** Time to invest in you! This is a wake-up call to take charge of your retirement planning.

For personalized retirement planning tools and guidance, visit [www.leapretirement.com](http://www.leapretirement.com).