



Build Your Free Non-Financial Retirement Plan at www.LeanRetirement.com

Part-Time Work Interest in Retirement – Assessment Form

This assessment is designed to help pre-retirees evaluate their interest in part-time employment during retirement. By considering your preferences, motivations, and flexibility, this tool provides insights into whether part-time work could be a meaningful and enjoyable aspect of your retirement lifestyle. Please use the dropdown options to indicate your responses.

Section 1: Work Preferences & Lifestyle

1. Do you enjoy having a structured daily routine?
☐ Yes ☐ No
 2. Would you like to continue working in a field similar to your current or previous job?
☐ Yes ☐ No
 3. Are you open to working flexible hours or a non-traditional schedule?
☐ Yes ☐ No
 4. Would you consider temporary or seasonal part-time employment?
☐ Yes ☐ No
 5. Would you enjoy working from home during retirement?
☐ Yes ☐ No
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Section 2: Motivations & Values

6. Do you feel a sense of accomplishment from completing work-related tasks?
☐ Yes ☐ No
 7. Do you want to maintain a steady source of income during retirement?
☐ Yes ☐ No
 8. Do you enjoy social interaction with coworkers or clients?
☐ Yes ☐ No
 9. Do you want to contribute to a cause or your community during retirement?
☐ Yes ☐ No
 10. Would you like to be involved in a non-profit or charitable organization on a part-time basis?
☐ Yes ☐ No
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Section 3: Skills & Interests

11. Are you interested in learning new skills or exploring new industries in retirement?
☐ Yes ☐ No
 12. Would you be open to consulting or advising in your area of expertise?
☐ Yes ☐ No
 13. Do you enjoy mentoring or training others?
☐ Yes ☐ No
 14. Would you consider teaching or tutoring as a part-time pursuit?
☐ Yes ☐ No
 15. Are you interested in freelance or gig-based opportunities?
☐ Yes ☐ No
 16. Do you have hobbies or passions you would consider monetizing?
☐ Yes ☐ No
 17. Would you like to start your own small business or side hustle?
☐ Yes ☐ No
 18. Would you like to explore working in a completely new field during retirement?
☐ Yes ☐ No
 19. Do you enjoy helping others or providing customer service?
☐ Yes ☐ No
 20. Do you prefer working independently or as part of a team?
☐ Independently ☐ In a team ☐ No preference
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Scoring & Interpretation

For each "Yes" response, award 1 point.

Total Score: _____ / 20

- **16–20 points: High Interest** – You are highly inclined toward part-time work during retirement and likely enjoy staying professionally active and engaged.
 - **12–15 points: Moderate Interest** – You may find part-time work fulfilling, especially if it allows for flexibility or aligns with your passions.
 - **8–11 points: Mild Interest** – You may be open to occasional work but are likely more focused on leisure and personal pursuits.
 - **0–7 points: Low Interest** – You likely prefer a retirement focused on rest, relaxation, and personal freedom over structured employment.
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Note to Participants

This assessment is intended to provide insight into your retirement preferences and may help inform future planning and conversations with advisors or loved ones.

Disclaimer:

This assessment is for informational and entertainment purposes only and should not replace professional medical, financial, or psychological advice, diagnosis, or treatment.