



Leap Retirement Coaching

Retirement Readiness Quiz – Fillable Worksheet

Take the first step in guaranteeing yourself a highly successful retirement.

This is a streamlined assessment. At the end, see how you scored:

-  Count up your **YES** answers and multiply by **10**



Scoring Guide

- **180–200:** You are well on your way!
- **150–179:** Doing great, a few areas to tune up
- **110–149:** Middle of the pack – action plan needed for low scoring areas
- **<110:** Wake-up call! It's never too late to build and live a “*No Regrets*” Retirement

👉 Visit www.LeapRetirement.com to Build Your Free No Regrets Retirement Plan!

👉 Answer Each Question:

Check **YES** or **NO**

#	Question	YES 	NO 
1	I adapt or am flexible when events or circumstances change	<input type="checkbox"/>	<input type="checkbox"/>
2	I am satisfied with the social support from my family	<input type="checkbox"/>	<input type="checkbox"/>
3	I am satisfied with the financial planning for my retirement	<input type="checkbox"/>	<input type="checkbox"/>
4	I am satisfied with the planning for the non-financial aspects of retirement	<input type="checkbox"/>	<input type="checkbox"/>
5	I will be able to maintain my standard of living after retirement	<input type="checkbox"/>	<input type="checkbox"/>
6	I have a positive mental outlook	<input type="checkbox"/>	<input type="checkbox"/>
7	I make an effort to control my weight	<input type="checkbox"/>	<input type="checkbox"/>

#	Question	YES <input type="checkbox"/>	NO <input type="checkbox"/>
8	I have regular medical checkups	<input type="checkbox"/>	<input type="checkbox"/>
9	I am satisfied with my general health	<input type="checkbox"/>	<input type="checkbox"/>
10	Religious beliefs and spirituality influence my life	<input type="checkbox"/>	<input type="checkbox"/>
11	I have enough social activities	<input type="checkbox"/>	<input type="checkbox"/>
12	I get regular exercise or physical activity	<input type="checkbox"/>	<input type="checkbox"/>
13	I have a passion for multiple projects	<input type="checkbox"/>	<input type="checkbox"/>
14	I am involved in activities that make society better	<input type="checkbox"/>	<input type="checkbox"/>
15	I am satisfied with the variety in my leisure activities	<input type="checkbox"/>	<input type="checkbox"/>
16	I am happy with my life	<input type="checkbox"/>	<input type="checkbox"/>
17	I am an optimist	<input type="checkbox"/>	<input type="checkbox"/>
18	I have a college degree	<input type="checkbox"/>	<input type="checkbox"/>
19	I have never smoked or I quit	<input type="checkbox"/>	<input type="checkbox"/>
20	I have fewer than 10 alcoholic drinks a week	<input type="checkbox"/>	<input type="checkbox"/>

Your Score:

- Total YES answers: _____
- Your Score (YES answers x 10): _____

Visit www.LeapRetirement.com to Build & Live Your No Regrets Life!

