

Happiness Compass Worksheet

Take 10 minutes to reflect on your retirement happiness. Use this worksheet to notice where you're focusing your time and energy—and reset your compass toward purpose.

Step 1: List Your Pleasures (Hedonic)

What activities give you enjoyment or comfort in retirement?

Step 2: List Your Purposes (Eudaimonic)

What activities give you fulfillment, pride, or alignment with your values?

Step 3: Balance Check

Looking at your lists, where are you currently spending more energy?

Mostly Hedonic

Mostly Eudaimonic

About Even

Step 4: Reset Your Compass

Write one small step you'll take this week to lean toward purpose in retirement.

My action step: _____