



The Retirement Zone: New Choices and Possibilities

Reinvention: A New Way to Plan for Retirement

## Reinvention Activity Flow Chart

Think of “flow” as a sustained feeling of connection and vitality. If this is your idea of a desirable experience in the chapter of life called retirement, then make flow happen by intentionally adding activities and commitments that have four components:

**Routine:** Regularly scheduled but not necessarily daily or weekly

**Social:** Interaction with other people, some just like you, some very different

**Challenging:** Learn something new, meet goals—yours or an organization’s

**Measurable:** Develop ways to measure progress, achievement, or success

Psychologists tell us that routine activities with social contact that are challenging but doable and have measurable achievement tend to give us a flow experience.

Start by listing the activities you do now. Think about how they meet the components for flow, and then rate them with Yes, No or Maybe in the four columns below. Make copies of this chart to use as you explore ideas and possibilities for your reinvention plan.

Activity	Routine	Social	Challenging	Measurable

### Tips for Flow

- Start before you retire.
- Couples can have both joint and separate charts.
- Adjust your attitude regarding improvement (pursuing perfection may lead to frustration).
- Try to include all four components.
- Keep a flow calendar.

# Reinvention Stress Testing Worksheet

Use a worksheet like this one to organize and keep track of your Reinvention scenarios. Over time you will want to test many different scenarios. Each scenario may even be run repeatedly as your information and priorities change. Stress testing can help you explore answers to questions such as:

- What if we downsized to make room in our budget for more traveling?
- What do I do when the markets get volatile or a health concern makes working less likely?
- How much more do I need to save or how much do I need to cut back?
- How soon can I change careers and take an earnings cut?

On your own—or better yet, with your financial advisor—follow all three steps: Describe the scenario you are testing, the financial assumptions and what results you are testing for, and make sure each stress test you run is numbered and described.

**Scenario Description** (What? When? How long? With whom? Where? Why?) # \_\_\_\_\_

**Assumptions and Variables**

Fixed Expenses \_\_\_\_\_ Fun expenses \_\_\_\_\_ One-time expenses \_\_\_\_\_ Travel \_\_\_\_\_

Retirement account \_\_\_\_\_ % Rate Non-retirement investments \_\_\_\_\_ % Rate

Savings \_\_\_\_\_ Social Security income \_\_\_\_\_ Longevity \_\_\_\_\_ Tax rates \_\_\_\_\_ Inflation \_\_\_\_\_

Charitable gifts \_\_\_\_\_ Other \_\_\_\_\_ Other \_\_\_\_\_ Other \_\_\_\_\_

COMMENTS:

**Comparison Outcomes – How to Judge Success?**

How long will my money last? How much income can I expect? When can I start? How much will be left for the kids?

COMMENTS:

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