

Name: _____

Candidly rate each of Assessment Statement for the Key Elements of a Fulfilling Retirement.

Key Elements	Assessment Statement	Ratings (1 low- 5 high)
LifeScope Plan	I have a plan for my retirement. It is written down and up to date.	<input type="text"/>
Purpose/Values	I am clear on my life purpose and core values.	<input type="text"/>
Attitude	Those closest to me describe me as having a positive attitude.	<input type="text"/>
Well-Being	I have sufficient energy to fully do what I want to do in my life. I will be able to sustain this well into my retirement.	<input type="text"/>
Financial Security	I have a financial plan that will enable me to securely live the life I want (now and in the future).	<input type="text"/>
Connectedness	I am missed by others when I don't show up. I have others who I can lean on.	<input type="text"/>
Giving Back	I am engaged in activities that make a meaningful difference to others.	<input type="text"/>
Passions	I jump out of bed in the morning excited about my day.	<input type="text"/>
Growth	My week is filled with new and challenging activities.	<input type="text"/>
Fun	I have many activities in my life that are just plain fun to do.	<input type="text"/>



Your Retirement Quest

10 Secrets For Creating and Living a Fulfilling Retirement

Launched Independence Day July 4, 2010
and in the Top 5% of Amazon Book Sales!

A **third of the workforce** in America is **over the age of 50**. Many are anxious about their future, resulting in these most experienced employees being increasingly **distracted** and **disengaged**. Every day **10,000 of these boomers are retiring** in the United States. Some are being thrust unexpectedly into retirement due to downsizing, while many others are choosing to pursue the next phase in their lives.

Most are unprepared for the significance and implications of this change, often leading to **serious disappointment after the initial honeymoon stage of retirement**. It is only then they realize they spent less time planning the next 30 years of their life than on planning a two-week vacation. For those that do think of the future, most focus only on having their finances in shape and anticipating “the last day” of work. They don't realize that **having enough money is not the single most important factor** in living a fantastic retirement. As a result, a large number of retirees become disenchanted and depressed. "Is this all there is?" This is one reason why one of the two **most dangerous years in the one's life is the year in which you retire**.

Your Retirement Quest brings together all the **essential elements** that are critical to living an extraordinary life together in one place. The book also provides a simple, **practical approach** to turn new-found knowledge into choices and action to help replace **anxiety with freedom**. An exhaustive study of literature and interviews with a diverse group of people with over 300 years of experience in retirement was conducted. In the book are personal stories of successful retirees ranging from Helen Young, a single mother of five and part time librarian to distinguished business leaders such as John Pepper, former CEO of P&G and current Chairman of the Board of the Walt Disney Company. The interviews and research led to the creation of a **holistic framework** that dispels many of the current beliefs (and myths) of what a great retirement is all about. Through this book, readers will discover the **Ten Secrets** and-

- Understand the five stages of the retirement journey
- Envision what retirement really means for them
- Learn about the ten key elements to a fulfilling retirement
- Develop a plan that is right for them and build the skill, will and support to "do it"
- Renew and rejuvenate their approach to ensure sustained success throughout their retirement years

Your Retirement Quest is an integral element of LifeScape Solutions™ that helps prospective and current retirees build clarity, confidence and commitment about their future-both at work and life. In addition to the book we routinely conduct hands on **seminars** and utilize a **proprietary assessment tool** to provide individuals with a personalized picture of how prepared they are for ‘what’s next’.

Those who have read the book and have attended the seminar are lauding its value.

“The ideas in Your Retirement Quest are simple, but magical; the cases are compelling and personal; the exercises are insightful and useful.”

-Dave Ulrich: Professor-Ross School of Business, University of Michigan; Partner, The RBL Group

“The authors strike an unusual Golden Mean: they help readers engage in deep self-reflection on the core questions of life and also provide the practical tools for fulfillment.”

-Laura Nash, PhD: Former Senior Lecturer, Harvard Business School

“Your Retirement Quest provides a rich roadmap to making your retirement healthy, happy, intellectually stimulating, and meaningful.”

-Tony Schwartz: Founder and President of The Energy Project

“This book was invaluable in helping my wife and I prepare for retirement. It truly opened our eyes.”

-Boyd Giley, Vice President, Kelloggs

If you would like to learn more about **Your Retirement Quest**, go to <http://www.yourretirementquest.com> or contact Keith Lawrence (Keithlawrence2@gmail.com) or Alan Spector (bballnever2old@aol.com).