## 

Name:

**Pre-Retirement Ideal Week Journaling Exercise**

In the space provided below, brainstorm in detail a typical week that utilizes the skills you have identified as being important to you in retirement. Also consider your values, personal interests, and goals. Use the example below as a guideline.

*Example: Two mornings a week I meet my friends for an early morning walk in the park with our dogs. Three mornings a week, I volunteer at the United Nations East Bay chapter doing office work and planning fundraising events. Afternoons are my free time for relaxation, visits to the library, museum trips with friends, time with my grandkids, etc. One night a week, I work as a volunteer usher at the local theater. Twice a month I participate in a “legacy project” interviewing local scholars about their work. I am signed up for a workshop on Actively Managing Retirement next month.*