

My Ideal Week in Retirement

Your Name _____

Date _____

Directions: What would an ideal week in your retirement look like to you? What activities will shape your lifestyle and also provide a sense of meaning and purpose? Spend a few minutes visualizing how you will invest your time and record those details in the calendar below.

| Day | Morning | Afternoon | Evening/Night |
|-----------|---------|-----------|---------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |