

ARE YOU READY FOR YOUR 3RD ACT?

Directions: Please use the following scale to answer the questions below.

1—This does not fit me at all

2—This somewhat fits me or my situation

3—This is a close description of me and my situation

4—This fits me and my situation exactly

SECTION 1

1. I find myself imagining what retirement would be like. _____
2. I no longer want to continue my work/career full time. _____
3. I am feeling adventurous and empowered to take a new path. _____
4. I hope to work on a part time basis as long as I can. _____
5. I am uncertain or unclear about my goals and purpose in life. _____
6. I recently left my primary workplace. _____
7. I no longer have major family responsibilities at home. _____
8. I am feeling worried and anxious about my future as I age. _____
9. I am looking for a re-balancing of work and play in my life. _____
10. I am over 50 and know I have many years ahead. _____
11. I have no idea what I am going to do with myself when I leave my job/work. _____
12. I am willing to invest in a process that will help me create a life based on what is most important to me. _____
13. I don't participate in group activities much. _____
14. My awareness that my life is finite spurs me on to take action. _____
15. I don't have many friends outside of my work. _____
16. I am close or already financially able to retire. _____
17. I want to find a way to contribute to my community or to the world _____
18. I need motivation to improve my health and well being _____
19. I need to change my unsatisfactory living situation _____
20. I want to find work that is more meaningful even if it is part time _____

Add your total points:

Total: _____

Interpreting your Score

60 or more Points: You are **Ready to Plan Your 3rd Act!** You have some optimism about the transition to your next stage in life and you have some ambivalence with some areas of concern. Planning can make a big difference in how you feel. You will increase your sense of satisfaction, health and happiness in your next stage of life. Sign up for a workshop or coaching to get started on your life plan for your **3rd Act.**

45-59Points: You are **Questioning** what is next and still mulling over possible next steps. You may be ready for your 3rd Act but you may be confused, drifting or feeling isolated. It may have been a long time since you took stock of your life. Contact us to get support to explore your options.

Under 45: You are not ready for your 3rd Act. If you are fully engaged in your 2nd Act, remember that the research shows planning for your “retirement” beyond financial planning leads to a happier retirement than if you do not plan. Contact us when you are ready to focus on planning your next stage.