

# Visualizer Workbook



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## Visualizer

Today, retirement means many things to many people, but for most of us, it doesn't imply inactivity. With longer life expectancies and medical advancements to keep us healthy and living longer, a whole new transition lifestage is emerging where more people will choose new paths.

At this point, you have the opportunity to re-focus your energies and your priorities to evolve your lifestyle. While financial security is important to a successful transition and your financial resources will impact your lifestyle choices, clarity on your attitudes, values and lifestyle motivators can be invaluable prior to an in-depth financial discussion. Completing the Visualizer will help to uncover insights on your personal priorities and increase awareness of potential scenarios that will influence your plans now and through each stage of retirement.

### The Visualizer helps you:

- ① Gain a basic understanding of your current outlook
- ② Identify your skills
- ③ Examine your social network
- ④ Review your accommodation considerations and plans
- ⑤ Turn your dreams into achievable goals
- ⑥ Develop a realistic snapshot of your desired lifestyle and evolve it in line with your financial resources

### Using the Visualizer

- **The Visualizer is used to define and design your ideal retirement lifestyle. Investing a couple of hours today, means you can work towards a proactive plan that provides years of satisfaction.**
- **Complete each topic in the order presented. There are no right or wrong answers. Nobody understands your ideal lifestyle better than you.**

After completing the Visualizer, we suggest you make an appointment with your advisor. They can use this information to bring together the necessary experts and translate your dreams and desires into a customized transition strategy with specific goals and practical solutions.

Couples may choose to do this exercise together or separately. However, most people will want to create a vision of the future that takes into account their closest loved ones.

## 1. Gain A Basic Understanding of Your Current Outlook

To begin the Visualizer, answer the following basic questions about your retirement plans as a foundation for the more exploratory sections that follow:

Name \_\_\_\_\_

Question	Answer
1. a) What age are you now?	
b) At what age do you want to retire?	
2. Do you plan to work in retirement?	
3. How many years do you anticipate spending in retirement?	
4. How long did your parents and grandparents live?	
5. What was their health like during their latter years?	
6. Do you think that your health and life-span will follow a similar pattern?	
7. Have you made any plans for critical illness or long term care?	
8. Do you have any legacy or charitable giving objectives in place?	

**If you are a business owner:**

Question	Answer
1. Have you considered what your life priorities will be after the transition of ownership?	
2. Are you fully prepared for this transition?	
3. Is your family fully prepared for this transition?	



## b) Analyze Yourself

Using the information you've collected on page 3, complete the following questions:

Question	Answer
1. Which type of activities do I enjoy more: people or technically oriented? Why?	
2. Is there a pattern that emerges from the list I generated above?	
3. Currently, does my day to day schedule include the activities I enjoy the most?	
4. In retirement, how should I change, if at all, my allocation of time towards the skills and interests I want to pursue?	
5. How do I want to be remembered? Do the activities that I plan to do in retirement help enable me to leave the legacy that I desire?	

## c) Skill Summary

Write a sentence or two that summarizes your interests and strengths; how your transition and time in retirement will change to take advantage of what you want to pursue and how you want to be remembered.

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### 3. Examine Your Social Network

Relationships with family and friends are probably the most important of all. The busy-ness of life means some relationships grow stronger while others diminish. Retirement may well be the perfect time to restore and revitalize old friendships and family relationships.

#### Relationship Review

Use this to evaluate which one(s) you may want to focus on as you transition into and during retirement.

Relationship	Relationship Highlights (Proximity, frequency of getting together)	Steps you would like to take to support this relationship (Travel, memberships, activities)
Spouse/Partner		
Children		
Parents		
Grandchildren		
Siblings		
Work Relationships		
Friends		
Organizations, Clubs		
Other		

## 4. Review Your Accommodation Considerations and Plans

Where you choose to live will evolve as you progress through the natural stages of retirement. It will depend on whether you remain in your current community, or move to another location based on family, friends or personal interests, your health care requirements and financial resources.

Identify your key considerations and plans for each stage that will influence where you choose to live by completing the right hand column of the table below:

Description of Each Stage	Your Key Considerations/Plans
<p><b>Preparation. Still working full time where you live but looking at alternatives.</b></p> <ul style="list-style-type: none"> <li>• Effect of work involvement?</li> <li>• Factors influencing your living part-time elsewhere?</li> <li>• Ideal location and related accommodation?</li> <li>• Other?</li> </ul>	
<p><b>Work and Play. Reducing work involvement and actively considering living some of the time elsewhere.</b></p> <ul style="list-style-type: none"> <li>• Effect of transitioning to part-time work or consulting?</li> <li>• Family or relationship factors to keep in mind as you review future accommodation options?</li> <li>• Other?</li> </ul>	
<p><b>Lifestyle Focus. More socially involved and perhaps living a good part of the year elsewhere.</b></p> <ul style="list-style-type: none"> <li>• Effect of your lifestyle taking on a social vs. work emphasis?</li> <li>• Importance of spending time with family or friends in choosing future accommodation?</li> <li>• Other?</li> </ul>	
<p><b>Home Focus. Slower pace of life, perhaps in smaller accommodation near to family or friends.</b></p> <ul style="list-style-type: none"> <li>• Importance of remaining in your home when you are fully retired?</li> <li>• Appeal of downsizing?</li> <li>• Other?</li> </ul>	

# 5. Turn Your Dreams Into Achievable Goals

The transition stage is the most appropriate time to define your dreams and develop an appropriate plan to turn it into reality. Perhaps you've always wanted to:

- Visit a certain part of the country, or another part of the world.
- Spend an extended period of time working for a particular volunteer organization here or abroad.
- Learn how to play a musical instrument, start your own business, or run for local office.

Look back over your life to see what you have and haven't accomplished, and reflect on things that you've always wanted to do. Think ahead to new ideas you might want to include going forward.

## a) Identify Your Dreams

To help you identify what remains to be experienced in your life that's important, answer the following questions:

Question	Answer
1. As you look back over your life, even back to your childhood, what would you like to do again?	
2. Looking back, what interests or dreams spring to mind that you couldn't fulfill because of lack of time or money? List several, then prioritize them in order of importance to you.	
3. Looking forward, what interests or dreams spring to mind? List several, then prioritize them in order of importance to you.	

## b) Translate Your Dreams Into Goals

Now that you've taken a look at some of the dreams you've carried with you throughout your life, you're ready to turn them into actionable goals.

Following are three goal worksheets. You can complete as many sheets as you have dreams, but you may want to focus on your priority goals as you transition into retirement.

## The Priority Goal

In ONE SENTENCE, describe your priority dream:

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Turn the dream into a Goal. What are 3-5 additional points that help describe the specifics of your priority dream?

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What steps have you taken or do you plan to take to accomplish your Goal?

**(NOTE:** Goals need to be grounded in reality. If you are 25-30 pounds overweight, “Getting in shape in one week” isn’t going to happen. But you could set a realistic goal of “losing a couple of pounds per week over a designated number of months.”)

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Do you have a timeline established for your Goal? Have you established a deadline?

**(NOTE:** Your goals need a deadline in order to achieve them. “Learning to play the piano during retirement” is too open-ended. “Learning to play the piano during the next nine months” is more precise. You’ll know if you achieved your goal in nine months.)

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Does your goal have any critical considerations?

**(NOTE:** Is it a shared goal involving others? Are there major cost implications or time commitments? Highlight any areas you want to discuss or that your advisor can work on with you.)

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**Priority Goal Number Two**

In ONE SENTENCE, describe your priority dream:

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Turn the dream into a Goal. What are 3-5 additional points that help describe the specifics of your priority dream?

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What steps have you taken or do you plan to take to accomplish your Goal?

**(NOTE:** Goals need to be grounded in reality. If you are 25-30 pounds overweight, “Getting in shape in one week” isn’t going to happen. But you could set a realistic goal of “losing a couple of pounds per week over a designated number of months.”)

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Do you have a timeline established for your Goal? Have you established a deadline?

**(NOTE:** Your goals need a deadline in order to achieve them. “Learning to play the piano during retirement” is too open-ended. “Learning to play the piano during the next nine months” is more precise. You’ll know if you achieved your goal in nine months.)

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Does your goal have any critical considerations?

**(NOTE:** Is it a shared goal involving others? Are there major cost implications or time commitments? Highlight any areas you want to discuss or that your advisor can work on with you.)

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### Priority Goal Number Three

In ONE SENTENCE, describe your priority dream:

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Turn the dream into a Goal. What are 3-5 additional points that help describe the specifics of your priority dream?

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What steps have you taken or do you plan to take to accomplish your Goal?

**(NOTE:** Goals need to be grounded in reality. If you are 25-30 pounds overweight, “Getting in shape in one week” isn’t going to happen. But you could set a realistic goal of “losing a couple of pounds per week over a designated number of months.”)

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Do you have a timeline established for your Goal? Have you established a deadline?

**(NOTE:** Your goals need a deadline in order to achieve them. “Learning to play the piano during retirement” is too open-ended. “Learning to play the piano during the next nine months” is more precise. You’ll know if you achieved your goal in nine months.)

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Does your goal have any critical considerations?

**(NOTE:** Is it a shared goal involving others? Are there major cost implications or time commitments? Highlight any areas you want to discuss or that your advisor can work on with you.)

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## 6. Develop A Realistic Snapshot Of Your Desired Lifestyle

Up to this point, you've:

- ✓ Identified your skills and interests
- ✓ Examined your key relationships with family and friends
- ✓ Reviewed your accommodation considerations and plans
- ✓ Translated your dreams into prioritized goals

To summarize what a successful retirement means to you, complete the Snapshot:

### Snapshot

<ul style="list-style-type: none"><li>• To ensure success in my retirement, I resolve to _____ <small>&lt;summarize your definition of success&gt;</small></li><li>• I will live _____ and _____ retire at the same time as my spouse/partner. <small>&lt;enter location and type of dwelling&gt;      &lt;will/will not&gt;</small></li><li>• I will be happiest if I follow my abilities in the area(s) of _____ <small>&lt;enter people/technical skills&gt;</small></li><li>• I picture myself spending more time with _____. <small>&lt;insert relationship/organization&gt;</small></li><li>• I am most excited about pursuing _____ and believe it will be my focus over the next _____. <small>&lt;name your goal&gt;      &lt;period of time&gt;</small></li><li>• My spouse/partner and I share _____ but will focus individually on _____ <small>&lt;insert interests and/or goals&gt;      &lt;name your goal&gt;</small> and _____ <small>&lt;name spouse/partner's goal&gt;</small></li><li>• I will maintain my mental/emotional health and fitness by _____ <small>&lt;enter activity&gt;</small></li><li>• The main areas I would like to work with my advisor on are _____ <small>&lt; insert key discussion points affecting transition planning&gt;</small> _____</li><li>• The main areas my spouse/partner would like to work with our advisor on (if different) are _____ _____ <small>&lt; insert key discussion points affecting transition planning&gt;</small></li><li>• My retirement will be wonderful if _____ <small>&lt;insert summary sentence&gt;</small> _____</li></ul>
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The information in this booklet is not intended to replace the advice of a lawyer, doctor, accountant or other professional and should not be relied upon as such. The information that you provide to Scotiabank will be used in accordance with our Privacy Policy Statement.







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