

# RETIREMENT PASSION EXPLORATION WORKSHEETS





# IDENTIFYING YOUR RETIREMENT PASSIONS



## PURPOSE

This worksheet is designed to help you uncover your passions. By deeply reflecting on your interests, you'll take the first step towards integrating what you love into your retirement life.



## INSTRUCTIONS

Complete the exercises below with thoughtful consideration. Don't rush your responses; this is a journey of self-discovery that may open doors to fulfilling opportunities.

## EXERCISE 1: UNCOVERING YOUR INTERESTS

**Task:** Write down activities, subjects, or hobbies that capture your attention. Think about what you enjoy, even if you haven't considered them as potential passions before.

INTEREST 1

INTEREST 2

INTEREST 3

INTEREST 4

INTEREST 5

INTEREST 6

# EXERCISE 2: REFLECTION ON JOY AND ENGAGEMENT

**Task:** For each interest listed in Exercise 1, reflect on and write down why it brings you joy or why you find it engaging.

**INTEREST 1:  
JOY / ENGAGEMENT  
REASONS**

**INTEREST 2:  
JOY / ENGAGEMENT  
REASONS**

**INTEREST 3:  
JOY / ENGAGEMENT  
REASONS**

**INTEREST 4:  
JOY / ENGAGEMENT  
REASONS**

**INTEREST 5:  
JOY / ENGAGEMENT  
REASONS**

**INTEREST 6:  
JOY / ENGAGEMENT  
REASONS**

# EXERCISE 3: VISUALIZATION OF A PERFECT DAY

**Task:** Imagine a perfect day centered around doing what you love. Describe it in detail, noting how you feel, who you're with, and what you're doing.

## PERFECT DAY DESCRIPTION

# EXERCISE 4: SKILLS AND STRENGTHS ALIGNMENT

**Task:** Identify skills and strengths you possess that align with each interest.

INTEREST 1:  
SKILLS / STRENGTHS

INTEREST 2:  
SKILLS / STRENGTHS

INTEREST 3:  
SKILLS / STRENGTHS

INTEREST 4:  
SKILLS / STRENGTHS

INTEREST 5:  
SKILLS / STRENGTHS

INTEREST 6:  
SKILLS / STRENGTHS



## EXERCISE 5: PRIORITIZATION

**Task:** Consider activities that bring you joy and align with either a skill you currently possess or one you wish to develop. Then prioritize your interests and identify the top passions that you're most excited about exploring further.

**TOP PASSION 1**

**TOP PASSION 2**

**TOP PASSION 3**

**TOP PASSION 4**

**TOP PASSION 5**

**TOP PASSION 6**

## EXERCISE 6: INITIAL ACTION PLAN

**Task:** For your top passion(s), outline an initial action plan. The plan could include research, joining online forums, or taking introductory courses.

**TOP PASSION 1: ACTION  
PLAN**

**TOP PASSION 2: ACTION  
PLAN**

**TOP PASSION 3: ACTION  
PLAN**

**TOP PASSION 1: ACTION  
PLAN**

**TOP PASSION 2: ACTION  
PLAN**

**TOP PASSION 3: ACTION  
PLAN**

## REFLECTION AND NEXT STEPS

Please take a moment to consider the process of completing this worksheet. Which exercises were most revealing or challenging? What insights have you gained about your passions, especially those with potential for monetization? Outline your next steps toward integrating these passions into your life, keeping in mind both personal fulfillment and potential income streams.

## KEEP IN MIND

Your passions are a journey, not a destination. They may evolve, and that's perfectly okay. The goal is to start somewhere and remain open to where your interests and skills can take you, especially in realms where they can be monetized for a fulfilling career or side project.



## ALLOCATING TIME IN RETIREMENT



## PURPOSE

This worksheet is all about helping you make the best use of your time so that you can discover and try out your interests. It helps you add new activities and interests to your schedule in a planned way, which helps you find and develop your hobbies even more.



## INSTRUCTIONS

Give each exercise your full attention. Keep in mind that the process of finding and caring for your hobbies in retirement is just as important as the end goal. This worksheet can help you organize your exploration in a useful way.

## EXERCISE 1: TIME AUDIT

**Task:** Task: Record how you spend your time every day for a week. Sort your activities into groups, like home projects, pleasure, family time, and so on, to see where you might be able to find time to explore your passions.

[illegible]

## EXERCISE 2: ALLOCATING TIME FOR PASSIONS

**Task:** After doing a time audit, figure out how much time you can realistically spend each week on new interests. Then, just like you would for any other important appointment, set aside particular times for these activities.

## WEEKLY TIME DEDICATION

## HOURS / WEEK

[illegible]

## EXERCISE 3: EXPLORE YOUR OPTIONS

**Task:** Make a list of new activities or interests you'd like to try that fit with your passions or possible hobbies. Consider both hobbies that you pursue purely for enjoyment and those that could benefit your mental and physical health.

NEW ACTIVITY	HEALTH BENEFITS [YES/NO]

## EXERCISE 4: EXPERIMENT TRACKING

**Task:** For each new activity you plan to try, create a tracking sheet to note your experiences, feelings, and observations. Include what you enjoyed, what challenges you faced, and any potential health benefits.

ACTIVITY		DATE
OBSERVATIONS	ENJOYMENT LEVEL (HIGH, MED, LOW)	TYPE OF HEALTH BENEFIT



ACTIVITY		DATE
OBSERVATIONS	ENJOYMENT LEVEL (HIGH,MED, LOW)	TYPE OF HEALTH BENEFIT

ACTIVITY		DATE
OBSERVATIONS	ENJOYMENT LEVEL (HIGH,MED, LOW)	TYPE OF HEALTH BENEFIT

ACTIVITY		DATE
OBSERVATIONS	ENJOYMENT LEVEL (HIGH,MED, LOW)	TYPE OF HEALTH BENEFIT

## EXERCISE 6: COMMITMENT TO CONTINUED EXPLORATION

**Task:** Based on what you've tried and thought about, commit to keep exploring. Write down the measures you will take to keep trying new things and change how you spend your time when you need to.

## FUN EXPLORATION PLANS

[illegible]

## REFLECTION AND NEXT STEPS

Reflect on your journey through this worksheet. Which activities surprised you? How has your perception of time management changed? What steps will you take next to further explore your passions?

## KEEP IN MIND

Finding and making time for your passions is a process that changes with time. To find and develop activities that make you happy, you need to be flexible, curious, and willing to try new things. This worksheet will help you explore and make smart choices about how to spend your time.