



## SELF-ASSESSMENT FOR PEOPLE AGE 55+: AM I MENTALLY & PSYCHOLOGICALLY READY FOR RETIREMENT?

Please answer the following questions on a scale of 1 to 5, with 1 being the least and 5 being the most.

### 1. Please enter the following information:

Name

Age

Email Address

Phone Number

### 2. How well do you understand the history of retirement?

1

2

3

4

5

### 3. How much do you know about normal psychological features of people who are over 65?

1

2

3

4

5

### 4. How well do you understand the stages of human psycho-social development?

1

2

3

4

5

### 5. Do you know the three core elements of every transition between stages of life?

1

2

3

4

5

### 6. How well do you understand your strongest and weakest personality skills?

1

2

3

4

5



**16. Have you made a plan for spending time with people who matter most to you?**

1

2

3

4

5

**17. How completely have you told your spouse or partner your dreams, plans, and fears about life after fulltime work?**

1

2

3

4

5

**18. How completely have you heard your spouse or partner describe their dreams, plans, and fears about life after fulltime work?**

1

2

3

4

5

**19. How ready are you to answer the question, "What do you do?" without mentioning your job or career?**

1

2

3

4

5

**20. Have you read at least three popular books about retirement?**

1

2

3

4

5

**21. How optimistic are you that your life after fulltime work will be enjoyable and meaningful?**

1

2

3

4

5

Thank you for taking this assessment. Dr. Paul will contact you to schedule a complementary appointment for visiting his office and reviewing your results together.

Done

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