

Are We Having Fun Yet?

Guide to your Survey Scores



The most wonderful thing about retirement is, after having prioritized the demands of family and work responsibilities for years and years, your time is truly yours. You have the freedom and flexibility to do pretty much whatever it is you want, with whomever you want that is willing to join you.

So, now that you are retired, what do you spend your time doing, given the numerous options before you? AND how do you make it more enjoyable? **In this report, you'll compare your scores to this Guide which will provide tips on how to maximize your enjoyment in retirement.**

PLEASE NOTE: "Enjoyment" is difficult to define and measure. It is highly subjective, and each retiree has their own unique experiences. This resource is designed to provide you insight into how you view enjoyment and may want to spend your time. It is not intended to recommend how you should choose to enjoy your retirement.

Your "Enjoyment Level" Score: _____

Read the descriptions associated with your score.

Low

Very High



As you get to know yourself better in this stage of life, you may recognize a need to change how you are living to experience greater enjoyment. There are many potential reasons for where you are in your retirement journey and how you got here. You may already know, but assessing your retirement lifestyle may be helpful to change your course, as needed. Taking small steps and making connections with others can help you grow. In time, this will increase your vision of who you are, the life that surrounds you, and how you can engage more meaningfully in a way that will provide you greater enjoyment.

0-3: You may want to reconsider how you are spending your time—both what you are doing and who you are doing it with to experience life more fully. This may require that you do life somewhat differently than how you have done it previously. Be mindful of who you are and what is important to you as you explore the world around you and connect with what provides you enjoyment.



4-6: You may want to be more observant of the world around you. Stay in tune with yourself and opportunities you come across to engage in a deeper and fuller way. Notice things you may have not observed before. Be ready to adapt as necessary--and even if it is not "necessary" but would be helpful in enjoying life more.



7-10: You are really enjoying life, but be aware of the changes in life around you and adapt to them as necessary. Don't fall into predictable patterns that you enjoy but may prevent you from exploring ways you can grow.

What and Whom You Enjoy

The activities you are involved in and the people you are spending time with are both important for enjoyment. The people you are with make the activity more enjoyable, and the activity makes the time you spend with those you care about more enjoyable.

Your "People/Activity" Score: _____
Relationally-focused

Read the descriptions associated with your score.

Activity-focused



0-3 You tend to be relational, and who you spend time with is of primary importance when you decide what you want to do for enjoyment. You prefer first to decide who it is you want to spend time with, then decide what it is you would like to do together that would be enjoyable. Consider what you can do with those you love most and most enjoy spending time with to make your time together as enjoyable as it can be.



Because for you people are much more important for having fun than the activities themselves, you may set aside what you personally enjoy the most to accommodate others, but you may not mind. Still, you might not receive the full enjoyment from time you spend with others. Consider incorporating your top options for what you do with others. This will help build the important things you enjoy into the relationships you value. You view those you care about as enhancing what you do, and doing what you prefer for enjoyment might allow them to know you better. It may also broaden their perspective and expand what you enjoy doing together.

4-6: The activities you engage in and those you spend time with are equally important for you to enjoy yourself.

You should continue doing the variety of things you enjoy. This will provide broad opportunities for enjoyment.



You should also continue nurturing your relationships through your activities. It's good that you balance appreciating those you care about with the things you enjoy doing the most, as the two enhance the enjoyment you experience from each.

7-10: Activities drive your decisions on what you do for enjoyment. You like to identify what you want to do for enjoyment and may engage in these activities with people you have no relationship otherwise.

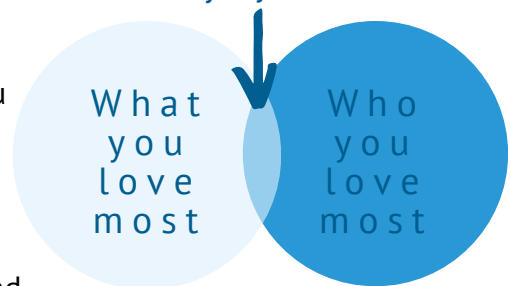
Because for you the activity is much more important for having fun than the people you do it with, you may overlook the importance of individuals in enjoying what you do. Consider who the special people are in your life and how to include them in what you enjoy to enhance the pleasure you experience through what you do.

When trying to increase your enjoyment you can...

- 1) focus on the activity (engage in the activities you enjoy most in the most enjoyable way), or
- 2) focus on the people (you can make the time you spend

with those you most enjoy spending time with as enjoyable as it can be). However by doing what you enjoy most with those you love being with, you are truly "maximizing your enjoyment."

Maximizing Your Enjoyment



Evaluating Enjoyment

Enjoyment is often described in terms of quantity—how much fun you had—but a more helpful way to consider your enjoyment may be the quality of your enjoyment—how grand the fun was. Individuals may prefer the regular stimulation from more frequent enjoyable activities for more fun, or may favor fewer activities, engaging in them more fully to experience the most enjoyment they can provide.



Your "Quantity vs. Quality" Score: _____

Read the descriptions associated with your score.

Fewer, Meaningful Activities

A Lot of Varied Activities

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

0-3: You feel it is more important to make the most of the times you are enjoying and not cram in as much as possible that you would not receive enough benefit from. Because you are selective about what you spend your time doing, you do not just do anything. You may do fewer things, but what you do is more pleasurable to you.

Because you prefer having "higher quality" fun you appreciate the value of engaging in what you enjoy at meaningful level. You may also prefer including those you have close relationships with in the things that are important to you.

It is helpful to have variety in what you enjoy doing for fun so you don't get locked into the same source of enjoyment, with the same group of individuals. Continue considering different opportunities for experiencing greater enjoyment without spreading yourself too thin.

4-6: You balance enjoying activities at a deeper level with a variety of activities you find enjoyable. At times, you prefer having a GREATER quality of fun and engage at a deeper level to derive more meaning from what you do.

At other times, you may prefer having more fun and immerse yourself in various activities with different people.

You probably recognize the importance of balancing the different things you do with limiting what you engage in. This is helpful in providing enjoyment from what you like most without wearing you out. It also helps you dig into what you do for pleasure a little more deeply and develop relationships that may be important to you.

Continue balancing getting more deeply involved in a few activities without limiting yourself to the variety of what you enjoy without missing out on opportunities to meet new people and develop important relationships.

7-10: You find variety to be important and enjoy many different activities. You are open to and may even regularly look for new things to do and new people to meet. This offers diversity that you find important for providing the additional stimulation you enjoy.

Because you highly prefer having more fun, you like to have many options to choose from and access to things that can provide you the most pleasure. However, you should be mindful of pursuing "excessive" recreation where you are doing many things, but perhaps at a superficial level. This can prevent you from experiencing the full benefit from what you do and wear you out. This approach may also lead to superficial relationships with the people you do the activities with because neither the activity nor the relational engagement has much depth.

Are We Having Fun Yet? *Page 4*



Extra-Special Experiences

A lifestyle—how people go about their “everyday lives”—sets the regular life rhythm of day-to-day and even moment-to-moment experiences individuals can enjoy. There are also vastly different, extra-special experiences you can live that provide enjoyment both because of the nature of the experience as well as its newness. These experiences are discontinuous from “everyday life,” and are not just doing the same thing in a different place in a slightly different way. Extra-special experiences might require funding and certainly, the more unusual and spectacular they are, the more expensive they can be. Financial resources can also expand the options for a standard living, which could translate to a more enjoyable lifestyle, based on affordability. However, wealth is not necessary to create the settings that are for people to enjoy the moment they are in.

Your "Experiences Preferences" Score: _____

Read the descriptions associated with your score.

Bucket Life Moments

Regular lifestyle (Everyday Life)



0-5: Extra-special experiences are important to you and offer you much enjoyment. Preferring them over your regular lifestyle may be an indication that your extra-special experiences are spectacular and/or your regular lifestyle is lacking. If the pleasure your regular lifestyle offers is satisfying, you should continue doing the things that allow you to experience the extra-special bursts of enjoyment. However, if you are dissatisfied with the enjoyment your regular lifestyle offers on an ongoing basis, you may want to develop a strategy for increasing your enjoyment from your daily life. Perhaps you can expand your perspective on how you can experience enjoyment and cultivate finding enjoyment in your regular activities of life. Consider changing your routine and habits. Meet new people and try new things you may enjoy. As exciting as extra-special experiences are, remember that the regular life you live on an ongoing basis presents a greater opportunity to experience enjoyment in your life. It comprises the vast majority of your time and presents a perpetual possibility to enjoy the moment you are in.

6-10: You prefer maximizing your regular lifestyle to focusing on extra-special experiences. You may not feel a need to seek new stimulating environments and experiences to enjoy life. Whether this is a matter of choice or lack of an opportunity to explore outside of your everyday life is something you would have to come to understand yourself. However, it is an indication you are experiencing a high quality of life by how you are living on a continual basis. Continue making your day-to-day lifestyle as enjoyable as you can.

If you highly prefer maximizing your daily life, you may want to consider why you are not attracted to extra-special experiences or have not taken part in them. If it is a preference, you should be aware that you may be missing out on wonderful experiences you will remember for the rest of your life. If it is due to limitations of health, abilities, or finances, you may want to identify which activities you are able to engage in that are different than how you currently do life, that can provide you with enjoyment you will be glad you experienced.

Are We Having Fun Yet?

It is important to have a network of friends to share life full of meaning and enjoyment. Relationships can be Expedient (enabled by automatic opportunities to connect due to lives conveniently over-lapping) or Enduring (deeper, more significant connections signified by caring and giving). Because of the effort they take to develop and maintain, you cannot have many enduring relationships. Whereas expedient relationships are not as intensive, and you can have many.



Your "Friendship Preference" Score: _____

Read the descriptions associated with your score.

Fewer, Closer Friendships

The More the Merrier



The higher your score, the more relationships you seek. A score of 0-6 shows you are less interested in having many casual acquaintances. A score 9-10 indicates you like connecting with many individuals, and a score of 7-8 reveals more of a balance between the two preferences.



**Do NOT undervalue
Enduring Relationships**

0-6: In general, you do not seek or have many Expedient Relationships which focus more on pleasure than depth. You enjoy spending time with a limited set of friends rather than many different people. The time you spend with those you have Enduring Relationships with provides you with meaningful connections.



7-8: You do not especially seek Expedient Relationships but engage in them as opportunities arise. You are probably experiencing enjoyment with some you have more casual, Expedient Relationships with and others you have deeper, Enduring Relationships with. You likely have a balance of the two where you experience both enjoyment and fulfillment.

9-10: You readily seek and have quite a few Expedient Relationships. Because they provide pleasurable exchanges, you are probably enjoying your social connections. Many of these types of relationships may make it difficult to build Enduring Relationships where you have more meaningful connection and the associated benefits of a closer friend. However, you may prefer relationships that require less effort.



Are We Having Fun Yet?

Your "Quality of Life" Score: _____


Read the descriptions associated with your score.

Fun is not essential.

Fun is essential.



It is important to enjoy life, but an over-emphasis on fun can cause you to equate Quality of Life with enjoyment. This could result in missing out on a deeper understanding and appreciation of Quality of Life, that is not dependent on enjoyment.

 **Do NOT define Quality of Life by enjoyment**

A response of 1-5 indicates relatively low to moderate association of fun with Quality of Life, while a score of 6-10 reveals fun is a large contributor to how someone might define and pursue Quality of Life. Think about how you define

Quality of Life and how important enjoyment is for your life to be fulfilling. Remember the four CoreSoul Needs: meaningful Identity, Life Purpose, important relationships where you offer and receive Love, and experience Peace. These are necessary for experiencing amazing fulfillment.



Your "Busy Index" Score: _____

Read the descriptions associated with your score.


Staying busy isn't important

Staying busy is very important



There are benefits to staying busy: it keeps you mind and body "young," it prevents atrophy in many parts of your life, and wards off an unhealthy lifestyle and behavior pattern that idleness can breed. At the same time, being overly busy can be exhausting. An "excessive" pursuit of activities may be your attempt to find something that is satisfying and fulfilling, which enjoyment is limited in its ability to provide. You could be busy having fun for enjoyment, or busy accomplishing goals for fulfillment.

Both can be an indication of having unmet needs. A healthy pace of pursuing enjoyment and fulfillment, buffered with contentment, can moderate how busy you are and help maintain balance in your life.

 **Do NOT be overly busy**

0-3: It appears you are not particularly active. They can be due to many reasons that could prevent you from being as active as you would like. Make sure you are pursuing enjoyment and fulfillment, as you are able.

4-6: It appears you try to keep balance between staying busy and being content with your everyday activities. This may allow you experience a combination of both enjoyment and fulfillment in your life.

7-10: You find it very important to keep busy and may attach your self worth to what you do. You should be especially careful that your busyness is not tied to pursuing enjoyment at the expense of what can bring you meaningful fulfillment.

Final Thoughts

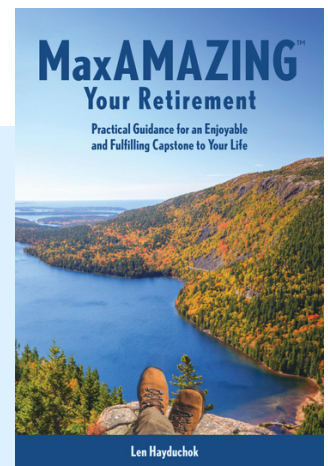
An important part of enjoyment is to experience new opportunities and engage in new relationships. This provides avenues for considering what is important to you and exploring options for what you may want to pursue as you consider how you may want to grow and develop as a person. You can learn a lot about yourself by observing others and hearing about their life journey.

Having a perspective of thankfulness, gratitude and joy in all circumstances, even if they may not be particularly enjoyable is a helpful mindset for appreciating a fabulous quality of life, which is ultimately more important than your standard of living or the lifestyle in can help support. As you go through life, be mindful about your beliefs and values and what is most important to you.

It will help you focus your energies on you find most meaningful and enjoyable.

For a better understanding about Enjoyment and how it is related to retirement, go to Amazon for your copy of **MaxAMAZING™ Your Retirement**.

www.MaxAMAZING.com



A Few Extra Tips for the Journey

- TIP #1** It's important to experience new opportunities and engage in new relationships. This provides avenues for considering what is important to you and exploring options to grow and develop as a person. (You can also learn a lot about yourself by observing others.)
- TIP #2** It is vital to reflect on the enjoyment we are experiencing and understand what gives us fulfillment, so we progress from shallow and temporary to deep and lasting pursuits that satisfy our deeper soul needs. See our tool, "Easy Steps to a Fulfilling Retirement" for the basics, and the book listed above (MaxAMAZING) for a more complete discussion.
- TIP #3** For a better understanding of how you perceive and experience enjoyment, seek out professional counsel that will benefit you for the rest of your life—Certified Life Coach and Certified Financial Planners.®



ABOUT Len Hayduchok, Fiduciary, CFP® and Certified Life Coach

With over 30 years of experience in the financial services profession, Len is passionate about helping individuals connect their money to what matters most to them in life. His vision is to redefine retirement in our culture and evolve the financial services profession to provide life coaching for clients.