

Retirement Strengths Worksheet (SAMPLE)

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Don't leave the best parts of yourself at work! Complete this worksheet using your results from the "VIA Signature Strengths Questionnaire," or the "Brief Strengths Test." Both are available for free at www.authentic happiness.org. Or use the explanation below to identify your Retirement Strengths.

Strengths are like skills, but more fundamental. They're a basic part of who you are. When you're using one of your strengths, you may feel so engaged in what you're doing that time flies by—or goes into slow motion. Using a strength toward a meaningful goal can feel challenging, and yet effortless.

In the first column below, write down the names of your top five strengths, or "signature strengths."

In the second column, for each strength, write at least one way that you currently use that strength **AT WORK**. These are probably the most involving and rewarding aspects of your job. You may be using some strengths at work, that you don't get to use in your personal life. You would miss using them.

In the third column, for each strength, write at least one way that you can plan to use that strength **IN RETIREMENT**. Your strengths don't just accomplish things out in the world—using your strengths gives you inner strength. They keep you engaged, which is one key to happiness in retirement. How can you find new ways to use your Retirement Strengths right now—as well as in retirement?

My Top Five Strengths	How I Use at Work	How I'll Use in Retirement
Citizenship	Really being part of a team effort.	Work in a political campaign? Participate in team sports?
Creativity	Finding new ways to get things done.	Join a writing group or cooking class? Design my own home improvements?
Fairness	Giving honest performance reviews.	Referee amateur sports? Substitute teach?
Leadership	Getting everyone on the same page.	Organize annual family reunion? Volunteer on a board?
Persistence	Sticking with a project until it's done.	Work toward fitness goals? Master a difficult hobby?
Perspective	Advising co-workers, based on my experience.	Teach a non-credit class? Be a museum or tour guide?