



YOUR RETIREMENT RHYTHM

A guided worksheet for women



Welcome to *Your Retirement Rhythm*, a guided worksheet designed to help you explore and shape your ideal retirement lifestyle. This worksheet is brought to you by Momafey-HT, a brand dedicated to empowering women through every stage of life.

Get ready to dance to the beat of your own drum!

Worksheet Overview

This worksheet contains a series of thought-provoking exercises and prompts to help you:

- **Reflect:** Consider your current values, interests, and priorities.
- **Dream:** Envision your ideal retirement lifestyle.
- **Plan:** Identify actionable steps to achieve your retirement goals.
- **Organize:** Keep your thoughts and objectives streamlined.

How to Use This Worksheet

1. **Find a quiet space:** Set aside dedicated time where you can focus without distractions.
2. **Be honest with yourself:** There are no right or wrong answers. The goal is to gain clarity and insight.
3. **Don't rush:** Take your time to thoughtfully consider each question.
4. **Review and revisit:** Retirement planning is an ongoing process. Feel free to revisit this worksheet periodically to adjust your plans as needed.

Let's Get Started!

On the following page, you will find exercises and prompts that will assist you in defining your personal retirement goals. We have provided space to record your answers.

We at Momafey-HT believe in you, and we know you have the ability to plan a retirement that is both fulfilling and full of joy.



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A Guided Worksheet for Women by Momafey-HT

Get Clear on Your Numbers

Write down your current income, savings, debts, and monthly expenses. Then estimate retirement costs like housing, healthcare, travel, and lifestyle.

Notes:

Build a Retirement Cushion

Describe how you'll set up small, steady contributions.

Options:

- ☐ Automatic Transfers
- ☐ Savings/Investments

Protect and Adjust Along the Way

Reflection space: *"What changes do I need to make this year to keep my plan flexible?"*

Listen to Your Inner Voice

Journaling questions with space to answer:

- What excites me?
 - What do I miss doing?
 - What have I always wanted to try?
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Revisit Your Forgotten Passions

List hobbies, interests, or dreams you set aside and write how you might reintroduce them weekly.

Explore Without Pressure

Blank space to list workshops, skills, or volunteer opportunities you'd like to try.

Wake Up With Structure in Your Day

Morning routine box with:

- Wake up time
- Top 3 daily focus points

3. _____


Stay Connected to People

Create a "Connection Calendar" with space to write who to call, meet, or connect with weekly.

Keep Moving Your Body

Add a "Movement Tracker" section with check boxes for stretch, walk, dance, or other daily activity.

- ☐ Stretch
- ☐ Walk
- ☐ Dance
- ☐ Other: _____

Website: momafeyhometraining.com, and follow  MOMAFEY-HT @momafeyht

Motivational Tagline: "You've carried everyone else—now carry yourself with care."