

Retire *Wisely* at RetireWisely.net

Retirement Resources Inventory (Leung & Earl, 2012)

Please rate the following items according to your recent status (or how you project yourself into retirement if you are not yet retired):

1. I would consider my general health condition to be _____:

1. Extremely poor 2. Fairly poor 3. Average 4. Good 5. Extremely good

2. I am _____ affected by one or more major physical illnesses (e.g., heart disease, diabetes, foot problems, arthritis, hypertension).*

1. Not 2. Mildly 3. Moderately 4. More than moderately 5. Severely

3. I am _____ affected by one or more mental disorders (e.g., dementia, depression, anxiety disorder, panic disorder).*

1. Not 2. Mildly 3. Moderately 4. More than moderately 5. Severely

4. I have _____ energy to carry out daily activities or activities that I am interested in.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. a substantial amount of 5. Excess

5. I possess _____ income to support my/my family's living expenses.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

6. I have _____ financial support from my personal savings.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

7. I have _____ financial support from my investments.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

8. I have _____ financial support from my superannuation fund.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

9. I have _____ friends whom I can interact with regularly.

1. Very few/no 2. Few 3. A moderate number of
4. A substantial number of 5. Many

10. I have _____ family members whom I can interact with regularly.

1. Very few/no 2. Few 3. A moderate number of
4. A substantial number of 5. Many

11. I know _____ people from various sources (e.g., religious groups, leisure groups, sporting teams, volunteer groups).

1. Very few/no 2. Few 3. A moderate number of
4. A substantial number of 5. Many

12. I would consider interactions with friends (in general) to be _____ supportive.

1. Not at all 2. Fairly 3. Moderately 4. Quite 5. Very

13. I would consider interactions with family members (in general) to be supportive.

1. Not at all 2. Fairly 3. Moderately 4. Quite 5. Very

14. I would consider interactions with acquaintances from various sources (e.g., religious groups, leisure groups, sporting teams, volunteer groups) to be _____ supportive:

1. Not at all 2. Fairly 3. Moderately 4. Quite 5. Very

15. I _____ receive informational support from others, where informational support refers to receiving information or advice from someone on handling difficult circumstances, rectifying a situation, following through with a solution, following up on a difficult event, and receiving constructive criticism.

1. Never 2. Rarely 3. Sometimes 4. Often 5. Very often

16. I _____ receive emotional support from others, where emotional support means someone available to listen, to acknowledge my feelings, to support me in stressful situations, to act as a confidant, and to express interest in my well-being.

1. Never 2. Rarely 3. Sometimes 4. Often 5. Very often

17. I _____ receive tangible support from others, where tangible support refers to receiving help with meal preparation, temporary housing, household chores, shopping, respite, financial needs, transportation, care of the house when away, and the loan of something I need.

1. Never 2. Rarely 3. Sometimes 4. Often 5. Very often

18. I experience _____ positive emotions (i.e., interested, excited, strong, enthusiastic, proud, determined, alert, inspired, attentive, active).

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

19. I have _____ ability to perceive my/others' emotions accurately.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

20. I possess _____ knowledge about how emotions vary or influence behavior.

1. Very little/no 2. Limited/inadequate 3. a moderate amount of
4. a substantial amount of 5. Excess

21. In general, I feel that I have _____ ability to use emotions to facilitate my thoughts and communication.

1. very little/no 2. limited/inadequate 3. a moderate amount of
4. a substantial amount of 5. Excess

22. I have little control over things that happen to me.*

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

23. I feel that I am a person of worth, at least on an equal plane with others.

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

24. I _____ forget things in the immediate past or where I have placed things.*

1. Never 2. Rarely 3. Sometimes 4. Often 5. Very often

25. I have _____ ability to recall events that happened a while ago.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

26. I have _____ ability to recall meanings and spellings of different words/concepts.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

27. I have _____ ability to acquire new knowledge or skills.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

28. I would consider my speed of processing information (e.g., numbers, texts) to be generally .

1. Very slow 2. Slow 3. Moderate 4. Fast 5. Very fast

29. I have _____ ability to understand and solve problems.

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

30. I have _____ ability to perform good decision making (i.e., selecting the most appropriate choice from the available options).

1. Very little/no 2. Limited/inadequate 3. A moderate amount of
4. A substantial amount of 5. Excess

31. When faced with difficulty, I usually increase my efforts.

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

32. Even when things seem hopeless, I keep fighting to reach my goals.

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

33. I can easily adapt to changes in goals, plans, or circumstances.

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

34. When I get stuck on something, it's hard for me to find a new approach.*

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree

35. I create many problems for myself because I set unrealistic goals.*

1. Strongly disagree 2. Disagree 3. Neutral 4. Agree 5. Strongly agree