



Plan Backwards Visioning Questions

A few prompts to get you started:

- Working from the end, what would have to have happened for you to have lived the best life possible?
- What's the most important choice you would have made to make this happen?
- What steps would you have had to take to get there?
- Are there any beliefs or other limiting factors you would have had to change?
- Who and what type of help would you have required?
- How long do you suspect it will take before you are living your best life?
- What's the most important step you can take to plan a better retirement?
- What habits or daily actions do you need to change to live your best life and retirement?

Think about these questions as you envision what your best life and retirement looks like:

- Regardless of your current age, what things have you already accomplished that you're proudest of?
- What things do you want to accomplish in retirement?
- Take stock of how you feel about yourself. Have you arrived? Are you getting close? Do you have a long way to go?
- Describe the types of people in your life. Are they the right people?
- Describe your ideal day...now and in retirement
- What kind of people are in your life? How do you feel about them?
- You're in retirement...Where do you live? What kind of house do you live in? It's okay to get specific.
- Are you with another person, a group of people, or are you by yourself?
- What do you (and your spouse or partner) do to keep busy?
- How do you feel mentally? Content, Ecstatic, Happy, Relaxed?
- How do you feel physically? Are you content? Are you healthy? Do you eat right?

How you envision your life and retirement should make you feel good inside and smile on the outside. This is an exercise in optimism and believing that anything is possible. If you find yourself being negative or frustrated, set the exercise aside and begin on a better day.