



Pre-Retirement Checklist

Overview 🙄

This checklist has been created to help you set and complete key retirement planning goals. Check off goals and get ready to retire!

Goals 🏁

☐

Set a retirement date

☐

Attend a retirement planning workshop

☐

Assess your finances

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Download Nestful's financial tracking template

☐

Track your current income and expenses

☐

Identify your future income sources

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Create a spending budget for your retirement years

☐

Project your future retirement financial scenarios

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Create and maintain an emergency fund with enough to cover 3-6 months of expenses and ensure you can easily access the funds.

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Pay down any outstanding debt to help reduce your post-retirement expenses

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Revisit your financial check-in every 3 months

Pre-Retirement Checklist

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Understand your pension situation (if eligible)

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Contact your pension provider

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Ask about implication surrounding a change in marital status while on pension

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Find out about survivor benefits

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Find out when you should apply to start receiving pension payments

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Make sure your information is up-to-date

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Find out how to apply for pension payments

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Look into government payments

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Learn more about the [Canada Old Age Security \(OAS\)](#) pension

☐

Learn more about the [Canadian Pension Plan \(CPP\)](#)

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Learn more about the [Quebec Pension Plan QPP](#) (if applicable)

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Decide when to begin receiving payments

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Find out when and how to apply

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Apply once you're ready to receive payments



Pre-Retirement Checklist

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Seek financial advice

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Find a financial advisor or financial planner that you trust to help assess your financial situation

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Look into post-retirement health insurance

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Find out if your employer's health insurance provider offers a special plan and rate for retirees

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Research and compare other health insurance plans for retirees

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Find out if your government offers any health benefits to seniors

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Assess whether it makes financial sense for you to buy health insurance

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If you decide it makes sense to proceed, apply for health insurance with your chosen provider

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Contact your car insurance provider

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Find out if you're eligible for a reduced insurance rate post-retirement (makes sense once you stop commuting to work every day)



Pre-Retirement Checklist

☐

Officially announce your retirement

☐

Write your letter of retirement

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Communicate your intentions to retire and your desired retirement date to your manager and/or your HR department

Overview 🧐

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Goals 🏁

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Find new activities to try

☐

Think of things you've always wanted to try

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Sign up for a free online class/workshop to see if you like it ([Boomerang](#), [Coursera](#))

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Register for a paid class/workshop if you find something you really enjoy and can afford

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Plan out your week so you have things to look forward to. Avoid spending too much on the couch and/or in front of the tv.

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Make a social plan

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Weekly walks with a friend

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Weekly calls with a family member or friend

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Weekly dinners with family or friends

Post-Retirement Checklist

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Stay physically active

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Walk outdoors for at least 30min each day

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Stretch your body each day for at least 20min

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See if your community offers free or reduced rate group exercise classes

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If you play a sport, plan to do so regularly (1-3x a week or month)

☐

Find a friend who will join you in staying physically active so you can keep each other accountable

☐

Create a meal plan to ensure you're eating healthily

☐

Learn about and understand social isolation risks, so you can avoid becoming socially isolated

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Consider volunteering--you can volunteer in your area of expertise or try something completely new.

☐

Consider finding a part-time job for fun (and a bit of extra income)



Post-Retirement Checklist

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Start a blog if there's something you're passionate about sharing with the world

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Make travel plans. Depending on your budget, you can travel locally or internationally. Travel offers new experiences, which can be very enriching.

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Visit your local library (they offer more than just books these days; you can borrow DVDs and sign up for free programs)

☐

Stay on top of your finances

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Download Nestful's financial tracking template

☐

Track your monthly income sources (including your nest egg withdrawals)

☐

Set your monthly spending budget

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Track your monthly spending and make sure you're spending within your set budget

☐

Revisit your nest egg check-in every 3 months to make sure you're still on track

☐

Be curious! Be open to learning new things and to new experiences.