

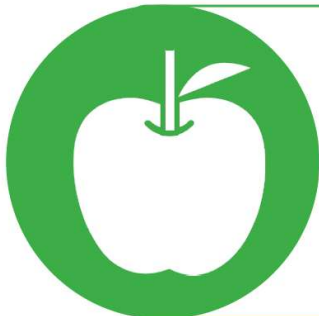
How well am I placed for my future?



- Have you decided on and written down your financial goals?
- Do you have a budget? When was it last reviewed?
- Have you got a “rainy day” fund?
- How are you managing your debts?
- Have you reviewed your insurances? What about your partner?
- Do you have a Will? Is it up to date?
- Can I afford to retire? Do you know how much you need?
- Have you ever had financial advice?



- What are the quality of my relationships?
- Am I ready to leave the QPS?
- How do I define retirement?
- How can I create positive relationships and mental wellbeing?
- What can I do to ensure a positive transition and adjustment to life after the QPS?
- What skills do I have or can learn to increase my level of satisfaction in reaching retirement?
- How do you plan to celebrate and acknowledge your legacy and contribution – past, present and future?



- Am I fit and healthy enough now to support my life after QPS?
- How will I maintain my muscle mass and strength?
- Can my diet be improved?
- Are there changes to my nutritional requirements?
- What are my risk factors for diet related chronic disease?
- What are my measures? (e.g weight, BMI, blood pressure, cholesterol)
- What regular health checks should I be having?
- What is my family history?
- How will I manage my injuries?



- What will I do after I leave the QPS?
- Am I currently satisfied with my job?
- What are my hobbies and interests outside of work?
- What are my future recreational goals?