

The Life After 50 Checklist

Useful ideas for living well and planning ahead.

Choose the section that matters most right now. Use the boxes to mark prompts you have considered, not achievements you must complete. Keep your answers for yourself.

Plan What's Next

Choose a decision about your time, work, or responsibilities.

- ☐ Name one change you are considering and the problem it should solve.
- ☐ List requirements for income, hours, location, and shared responsibilities.
- ☐ Ask someone affected what they need the arrangement to preserve.
- ☐ Choose one reversible trial and a date to review what you learned.

Which decision needs my attention?

Your practical foundations

Gather information before making a consequential change.

Protect Your Money

Prepare better questions; keep financial details in your own secure records.

- ☐ Describe one priority and when you hope to act on it.
 - ☐ Gather the records needed to understand your current situation.
 - ☐ Mark uncertain costs as questions to research, rather than assumed savings.
 - ☐ List the financial, tax, or legal questions to discuss with a qualified professional.
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Improve Your Home

Look at how a place supports the life you actually lead.

- ☐ Notice which rooms you use during a typical week and which matter occasionally.
 - ☐ List what you would miss if you moved and what you would welcome elsewhere.
 - ☐ Compare staying, adapting your home, and moving; include recurring and one-time costs.
 - ☐ Choose one reversible change to test before making a major commitment.
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Compare your options

Choose one area to explore. Leave room for your circumstances.

Choose Better

Compare what you need with what a product or service actually offers.

- ☐ Name the task or problem you need a purchase to address.
- ☐ Compare full costs, renewal terms, limitations, and realistic alternatives.
- ☐ Check which features you already have and which you would actually use.
- ☐ Write down what happens if you cancel, return, or stop using the service.

Live Healthier

Use these prompts to prepare a conversation, not to prescribe a routine.

- ☐ Recall an activity you enjoyed and what you liked about it.
- ☐ Identify the practical obstacle: timing, access, travel, cost, or uncertainty.
- ☐ Write down questions about suitability or symptoms for a qualified health professional.
- ☐ Ask a class organizer about format and adaptations before deciding whether to join.

Travel Well

Start with the experience you want, then consider the arrangements it needs.

- ☐ Choose the experience you would most regret missing on a possible trip.
- ☐ Count hotel changes and transfers; consider which are worth the effort.
- ☐ Check current official entry guidance and read booking terms before committing.
- ☐ Keep one note about what to repeat and what to simplify after your next trip.

Your next 30 days

Choose an action, gather evidence, and review the result.

1. Choose

What is the one question I want to explore?

2. Act

What small, reversible action will help me learn?

3. Make room

When will I do it? What information or help do I need?

4. Review

When will I review it? What would make me continue, adapt, or stop?

This guide offers general educational prompts, not personalized financial, medical, tax, or legal advice. Ask qualified professionals about your circumstances. You do not need to send us your answers. Keeping an arrangement that still suits you is a valid outcome.