



YOUR NEXT MOVE:

Transitioning to the New Retirement ©

Assessing Your Situation and Planning for Your Next Move: **Your Push-Pull Factors**

There are many individualistic factors outside of the workplace that “pull” people away from employment toward other engagements. Pull factors can be positive (new grandchildren for you to take care of) or less-positive (health crisis of a family member requires your time).

There are also factors in the workplace that “push” people away from full-time work. For example, new work assignments are not attractive or passion for the work has waned.

When you think about leaving your job, identify the forces, both positive and negative, that push and pull you into retirement:

- What pulls me into retirement?
- What pushes me away from work and toward retirement?
- What keeps me from looking forward to retiring?
- What am I excited about doing in retirement?
- What about my job will I miss the most?