

Design Your Ideal Retirement Week

A practical planner for creating structure, freedom, connection, and energy.

RESOURCE 04

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Design the Ordinary Week - Not Only the Big Trip

Retirement is lived mostly in ordinary weeks. A satisfying week usually blends meaning, relationships, movement, learning, rest, and freedom. This planner helps you create a first draft and then test it in real life.

How to use this guide: Move slowly, answer honestly, and treat your responses as a starting point. Retirement planning is iterative; clarity often comes through conversation and small experiments.

Step 1: Choose Your Ingredients

- ☐ Purposeful contribution
- ☐ Time with spouse or partner
- ☐ Friends and community
- ☐ Exercise and movement
- ☐ Learning or creativity
- ☐ Projects and home life
- ☐ Quiet time and reflection
- ☐ Travel or local exploration
- ☐ Unscheduled time
- ☐ Family or caregiving
- ☐ Work, consulting, or mentoring
- ☐ Fun and passion

What do you want more of?

What do you want less of?

Step 2: Create a Weekly Rhythm

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Midday							
Afternoon							
Evening							

Where is there room for spontaneity?

Step 3: Test the Balance

Statement	1	2	3	4	5
This week includes meaningful connection.	☐	☐	☐	☐	☐
This week supports my physical and emotional energy.	☐	☐	☐	☐	☐
This week contains enough structure.	☐	☐	☐	☐	☐
This week contains enough freedom.	☐	☐	☐	☐	☐
This week includes something I genuinely look forward to.	☐	☐	☐	☐	☐

What feels missing?

What feels crowded?

Step 4: Run a Seven-Day Experiment

Live one version of your planned week. Do not judge it as a final answer. At the end of each day, note your energy, connection, meaning, and enjoyment.

Day	Energy 1-5	Connection 1-5	Meaning 1-5	Enjoyment 1-5
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

What will you keep, stop, or change?

Your Next Step

Choose one insight from this guide and turn it into a small action within the next two weeks. A phone call, conversation, trial activity, or calendar change can teach you more than months of abstract planning.

My most important insight:

One action I will take:

Interested in taking the next step?

Schedule a complimentary Retirement Discovery Conversation.

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