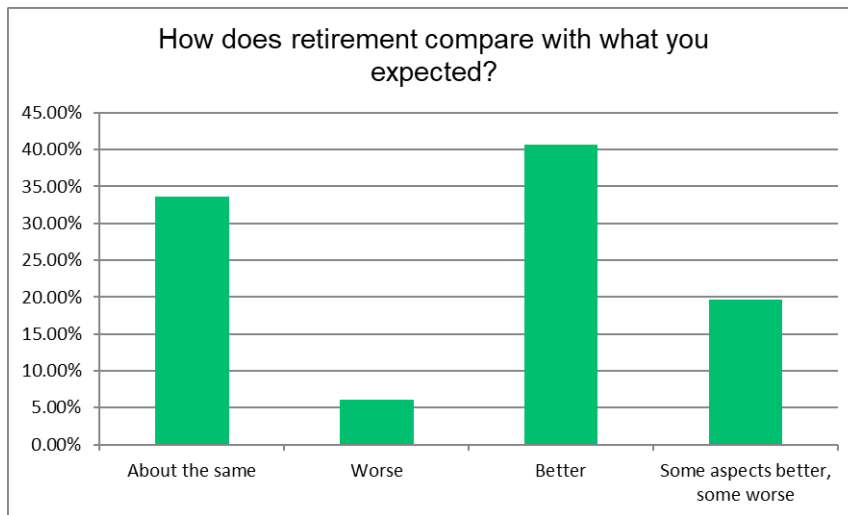


# Firstlinks poll: Retirement experiences – July 2022

## Responses and open-ended comments

### Q1 How does retirement compare with what you expected?

About the same	33.59%
Worse	6.04%
Better	40.71%
Some aspects better, some aspects worse	19.66%



I thought I would be bored but after spending a few years fixing up things around the house that I ignored when working, I started travelling a lot and volunteering. Never been busier (except during last 2 yrs of COVID).

still too many things to do and not enough hours in the day; however, what you don't do one day you can attempt the next with no pressure

Being able to slow down and deal with health crisis - learning to be grateful for every new day that we start together

Good investing produced more discretionary income.

I didn't exercise sufficiently whilst working.  
A lot of work colleagues were a waste of time.  
More variety of activities suit more senior/CEO types.

Did not think about health issues that came along

Have more freedom over my time. Don't have to get up early! More freedom to do what I like, when I like.

More time

Worse: Because of pandemic we shelved our travel plans for the time being, at least end of 2023.  
Better: I am very happy to spend a lot of time with my partner.

I don't miss the straightjacket of working under large company constraints, but I do miss working with some great people.

Covid has meant some travel plans couldn't be done.

More time to do things I otherwise wouldn't have done

I was hoping to ease out of work and spend more time playing sport, landscaping and garden design and maintenance, travelling, other hobbies.

Not enough hours in the day to do all i would like.  
Now that i am close to 80 it is frustrating not to be able to be as physically active as before and getting over illness now takes longer. Have been retired since 2003 and time just flies by.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

You must have an interest out side of work before retirement. work to liv not liv o work
There are no where near as many time demands on you when you are retired. I can get out of bed at 9am, watch the morning news while drinking coffee, catch up on the financial news and contemplate my day. If I was working I would be at work at 7:30am and already have read and respond to 10 emails.
Travel plans totally slugged by Covid and other family issues. Never had a boring day since retiring.
No fixed commitment time wise and wealth wise. Retired early and haven't looked back. Moved on to the next chapter of the book.
My life used to revolve around my job so I'm surprised that I don't miss it but I do love my head not being full of the stress.
Meeting and spending time with new friends but I still miss farming as my working life was spent working for farmers.
Time to pursue lifelong interests
I planned for it financially and emotionally. There have been no surprises.
My time is my own to allocate and share. My options are almost endless albeit simple
We both ran into major health issues earlier than we had hoped. Financially we did better than expected thanks to a SMSF.
At last my wife and I can do what we want, Go we're we want to. We don't collect things but love adventure and challenges. Man the world is a big place. We hope to do a bit of charity work to help people less fortunate than us, as these are strange times we are living in.
I had planned the financial side and it has worked out as expected. However, there seem to be limited options for occupying one's self if your finances are limited.
I enjoy work so I continue to manage my investments. We did most of our travelling in the 15 years before I stopped any work. We upsized by buying into Sanctuary Cove and selling Sydney so enjoyed a cash surplus and a bigger house.
combination of covid and low returns
covid has made travel an issue due to uncertainty and increased insurance costs
I anticipated some free time - after volunteering and involvement commitments
I have a lot more time to do things that I want.
I wanted to retire so I could think about and do the sort of things I wanted, insread of having to think about and do work stuff.
no surprises!
I'm much much busier than i expected but all the worst aspects of "busy" (ie satisfying other peoples' needs, not totally optional to me) have been replaced by fun busy and now the deadlines are optional to me
Joining a gym and taking up cycling opened up a whole new world.
no longer rushing and more time to do the things I need and want to do AND I can be a better friend
Extra time to contribute to the community that I had no time before after 70 weekly hours work.
busy all the time with all sorts of different jobs, looking after two people in dementia, restoration of old house, weeding park and picking up rubbish in the street. Never ending.
Lonely, lack of purpose and passion, financially a breeze.
Planned well financially to live the dream , & except for covid & lockdowns , things looking very bright now. Travel is big on our agenda both in Australia & overseas.
After working 7days per week for approximately 25 years, on an off, on our milk runs, it's nice to "sit around" some what,
More time to do the things I like doing.
Boring

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Awesome, retired at 62 have so much time to do the things I want to do...thankfully we have planned well and are financially secure
I enjoy the freedom
You have the freedom to do the voluntary work you want to do. You miss the daily contact with your colleagues and customers, and playing a role in their lives.
Selling my business made me financially secure to enjoy building a new house, travel, restaurants etc, and now, 8 years later, start a new commercial venture.
For me at least the never ending low interest rates coupled with little investment experience has been a disaster. Being self funded and having retired 7 years ago with a projected wealth base to last till I'm 80, this has now been impacted by a number of years
No workplace politics. Time to do things that should have been completed in 'leisure' time whilst in workforce
Health issues
I have the freedom to choose what & how I spend my time.
I did not realise how much low level stress I carried around for 50 years. I realise now that I was always thinking about work at some level. After 3 years Of retirement I realised that had gone.
Never bored
Less worries, less stress, less rubbish in my life, less annoying people, less pointless new strategies to pursue, no meetings, no boss giving me hell.
Going to plan
LESS STRESS!
Better: No more stress, time to do what we want Worse: Health issues preventing us from enjoyment and travel
For me health issues kicked in straight away which curbed some of my retirement intentions. After six years of retirement I am still coming to terms with slowing down.
Lots of plans and dreams but health issues (and Covid) have partly wrecked them.
Don't have to deal with staff issues anymore. I still have nightmares ! No deadlines to meet, and my stress levels have reduced by 80%.
Made friends
I watched my parents in retirement
Leisure to enjoy but the loss of stimulating work colleagues
If you can't find some activities to do in retirement then the problem is really you are a workaholic. Nothing wrong with that but most of us aren't
While still busy I can when and what I do
My partner and I invested in properties and shares. He managed both while I was still in fulltime employment. My partner has passed away. I'm managing all investments, SMSF and non-SMSF portfolios. I am busier than ever but happy to manage my own work schedule daily as well as having time out with my other retired friends.
I had to retire about age 59 due to some health concerns. I worked part time for another 4 years. I had a gradual intro to retirement and thus was able to gently ease into a new routine and time allocation. I have developed a number of new activities - volunteering, and hobbies.
I largely enjoyed my work and wondered how I would handle retirement. My worries were not realised. I did some part time consulting via a small firm for a while - but soon that dried up during the GFC. I have renovated and sold a house, done lots of work on our residence and on childrens houses. We have 9 grandchildren and keep in touch with the Melbourne contingent regularly, but try and avoid a schedule of childcare. My wife and I have personal training twice a week and generally spend about 1.5 to 2hrs walking per day. In addition we belong to separate walking groups and a book group. We both keep busy and juggling out appointments is a task in itself.
Best time ever. Everything I want to do I can, no obligation to anyone.
Freedom to do what I want, when I want. Fantastic!

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Thought I would worry about finances - but I do not!
More time available to concentrate on projects that I never had time for when working BUT the time taken on these projects seems quite elastic.
I miss work but not the hours. I 'work' as a volunteer - which is a welcome break and keeps me in touch with the real world
You also need a purpose in retirement. If you were looking forward to just enjoy yourself as much as you want, it won't last. You can only eat so much chocolate before you get bored at best or sick at worst.
No longer working for a large bank with all the hassles of staff etc Healthier with no stress (exercise and lose weight)
It's your time. No meetings. No stress.
When one enters uncharted waters the fear of the unknown might get hold of you. But after a few years, once you get confident it is great.
I love the freedom to do things that I never had time for when working, especially when I had my father and then my husband in my life. Now that they are gone, in this post Covid world, I am finding that I am more isolated.
Enjoy the free time but miss the satisfaction of achievements at work. Covid was a disaster.
Requires more capital than anticipated
Sometimes its very boring. Covid has restricted what was to be pleasure from overseas trips.
As a self employed person I miss the good jobs, but enjoy not having to do the "shitty jobs"
The COVID health criminals and charlatans have forced me to retire earlier than planned and limited my ability to travel.
Retirement - time to explore things, sports, places you never had time to do before. It need not cost a lot of money, all it takes is time, suitable weather and inclination. No more excuses!
Contributing factors are that the COVID pandemic hit 6 months after I retired and now it appears that the world economy is going into recession.
I don't miss the obligations and routine of work
Can still work, but less, and more leisure time
The independence and freedom to do what you want to do is very liberating. The days and weeks just seem to fly. How did I ever find time to work?
Health prevents a lot I would like to do
Health issues becoming a problem for both of us.
I did not have any idea what to expect.
Readjusting my mindset to my new role in the world has been more difficult than expected. People think of you differently when you are no longer fully employed in a senior position.
I have practised "retirement" since 1984 when I realised that the rat race was better for the rats than humans. I have consistently taken long holidays (4months ~ 1 year) every so often to expand and do my own thing. "To live my own dreams and visions rather than somebody else ambitions"
None of the expected voids - dramatically increased flexibility
i can do what I want when I want
The main thing is the freedom to do much of what you like when you like, with possible restrictions due to encroaching old age. I had no great desire to travel overseas - television documentaries are fine. Also having the time to assist with the grandchildren, since their parents are working full time.
Retirement for me is freedom to choose how I spend my time. Financial security and home ownership is important also physical and mental health. Volunteering in the community has maintained my relevance in society. Exercising, socialising and travelling with my spouse and friends is now an important and satisfying part of most days
Didn't really think about it

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Time for things I want to do, not have to do. Performing on my harp with a friend, learning to spin and weave, travelling with friends and family domestically and overseas. joining a choir and playing piano for them and performing at nursing homes Sailing our yacht and friends' yachts locally and on Great Barrier Reef. Bike riding, learning different musical instruments. Growing our own veggies and fruit. 20 years in retirement and loving it, with my great guy of 58 years. Joining a choir is a great way to keep both physically and mentally healthy....and share the love.
Still working out how best to use my new found freedom
More activities, new friend groups
Working is a trade-off between earning money to support one-self and one's family and sacrificing time for your self doing things you wholly enjoy. Retirement relieves one of facing that trade-off.
None worse except in lockdown and periods of great economic uncertainty
Free of debt, in a much better financial position however after downsizing I,ve missed the open spaces of our previous five acre property.
Of course that entirely depends on you wanting to learn and experience more
I can't do as much physical work as I did 10-15 year ago.
The pandemic has restricted many face to face activities in the last couple of years. Still reluctant to go to indoor venues with lots of people. Also haven't got back into volunteer activities as a guide. Not having a partner not travelling within Australia with van no longer. Overseas travel until pandemic.
I was expecting a bit more 'free personal time', but the grandkids, being young are taking up more time than I expected.
Less pressured deadlines to meet
I have freedom to engage in activities which I was not able to do when working.
Freedom not having to work, particularly during bad weather or traffic problems Worse is problems of health, both your own and your friends and relatives
Just great, relaxing, no problems, all days get filled
It's what YOU make of it.
More time to read and learn and socialise with friends and acquaintances
Used to work in Hospital construction all over QLD apart from evenings out I dont miss any of it.
I enjoy that I can do what I want when I want , this is my 5 th year of retirement, it took me two years to realise that I now create my own agenda .
Until 2019 regular overseas trips including cruises. Currently undertaking Australian trips. Play in Ukulele groups, play pool, started lawn bowl and keep exercising as well as looking after my superannuation. Fortunately the latter has more ups than downs.
Have thought through before taking the steps to retirement. Consequently, nothing unexpected,
Life is too short to be working
Covid restrictions. Money disperses
I had phased down work days for the last 7 years of my working life and taken on voluntary community service roles
Can even do nothing on a particular day if I so chose. The rider on this of course is that you may be under the supervision of a spouse if you should make this a habit! Not only the opportunity to do so but the actuality of volunteering
We retired early (45) at the start of the GFC so were over-cautious about spending too much, but stayed invested and recovered well.
No more stressful responsibility is good.
We are okay financially I prepared for retirement by working part time and taking up volunteer work
I had no expectations at the time
It was a long time in the planning .

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

<p>I was jaded with corporate life and it would be worse now. I have more time for activities I enjoy, e.g. cycling and golf and both these activities have increased my circle of friends</p>
<p>Plenty of time to enjoy reading, bushwalking, gardening, share trading, visiting friends, dining out and overseas travel, but not motivated to continue with previous hobbies such as restoring old cars and building large structures.</p>
<p>"Expectations" implies planning or thinking about an issue. To be honest, I don't think I did. I guess I was a bit tired, irritated by teeny-boppers thinking they were geniuses but really only re-inventing the wheel without taking time to understand problems</p>
<p>Less stress, more time to do the things that I enjoy and not things that I have to do.</p>
<p>Apart from the COVID issue, with travel restrictions, the 2 or so years have been managed without resorting to any mental health labelling.</p>
<p>Love the freedom however sometimes hard to coordinate travels with extended family considerations, Covid, weather etc</p>
<p>We had more income in retirement than we had ever experienced previously, and much more time to consider how to enjoy it. However, we were not prepared for the Global Financial Crisis, which effectively put us in the "ugly spot" - not enough income to do the things we wanted, but too much to get Government support.</p>
<p>Time to engage with and enjoy grandchildren, one-on-one; Time to sample and enjoy new interests; Time for voluntary work and to give support and companionship to friends suffering Ill-health</p>
<p>Loss of mateship at work.</p>
<p>We are finding that there are always appointments coming up, Grandkids sleeping over during holidays, large yard to look after and house cleaning daily. Just could not imagine that we would cope going back to full time work or even part time.</p>
<p>Miss the camaraderie of working life, but appreciate the opportunity to volunteer.</p>
<p>Not bored, plenty of things to do. Not much spare time really but may be due to being inefficient with my time (but who cares!). Financially comfortable and so far have ridden through rough economic waters ok.</p>
<ul style="list-style-type: none"><li>- finances are better than I'd anticipated when I was planning it - now self funded and assets still growing after living expenses and market fluctuations</li><li>- relationship with spouse while always good continues to get better as we share more activities</li><li>- new opportunities</li><li>- now spending more time on preferred activities than was possible when working</li></ul>
<p>I soon became bored with surfing, hiking, travel and all the things i now have time to catch up on. I didn't want to go back to a forty hour week so started a small business and work around fifteen hours a week in it. Im now feeling more balanced able to work and still have plenty of leisure time. I didn't realise how important my job was to my sense of feeling useful .</p>
<p>I am more relaxed and enjoy the activities I undertake.</p>
<p>We moved to an Integrated Resort in QLD</p>
<p>My plans for retirement has not disappointed at all and has mirrored how I've spent the time. The only exception being the 2 years of the pandemic.</p>
<p>I get to chose what I do and when I do it and don't have to deal with company politics.</p>
<p>Health better, thanks to medical science. Finance better, thanks to overly generous taxation.</p>
<p>Had thought would be bored and lacking interactions with other people</p>
<p>More money due to inheritance and growth in ASX stocks held in portfolio</p>
<p>I realised pre retirement that I needed various interests and projects to replace my work time. Our kids had finished their education so we were on our own and looking forward to our time, while maintaining strong family and friends contacts. I had been aware for several years of funds needed to retire comfortably via a Defence pre retirement seminar in 1985, finally retiring in 2000 aged 52. Home ownership is first step.</p>
<p>Once you slow down and relax there is no stress.</p>
<p>A challenge to fill in my time</p>

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

<p>About 4 months into retirement I'm still getting used to not having a daily purpose - a job - and continue looking for what I'm going to do other than gardening and making jam!</p>
<p>I was definitely concerned about 'what replaces 10 days a week of work' and had all sorts of vague ideas about how to counter that. But I found that things naturally filled time up - we are lucky enough to have a holiday house on the coast so I started splitting time between both. One reason I retired early was my wife has a long term illness (Parkinsons) but unfortunately that worsened quite quickly (not I think because I was at home more! :-)) so our travel plans were severely curtailed. Now settled into a routine of two or three days at the coast, two days volunteering (community transport) and rest to time doing other things/relaxing. I (and all my friends) am still completely amazed at how quickly I adjusted away from 10 hours a day at work six days a week</p>
<p>I think I probably did more planning for the financial and non-financial aspects of retirement than most people.</p>
<p>It took a year or so to stop missing the challenges of going to work. (Remote area Nurse) and the feeling of guilt for not helping out during the Covid 19 outbreak but that passed and then began to just enjoy the freedom of making plans without worrying about not being able to get leave.</p>
<p>I don't have to get up 0530 to go to work when it's cold and raining. I have choice.</p>
<p>I come from a family where my father retired at 52 and so I did too. I had not inherited money I worked and saved but I lived simply - no cocktails or avocado toast.</p>
<p>Mostly good, but there is the nagging feeling that I should be working (for no particular reason). Old habits, I suppose.</p>
<p>Having the time to really live</p>
<p>I listen to the pressure my children are under in their careers and feel so relieved that this is not part of my life anymore.</p>
<p>Too many other retirees think that I need their company. They are missing their work colleagues and want to replace the work environment. I have worked on my own for many years and don't need constant companions.</p>
<p>Enjoying retirement better than I thought. Finances tighter than expected as pre retirement financial advice was under estimated.</p>
<p>Expected to have free time and got it.</p>
<p>I have little time for relaxed fun.</p>
<p>Didn't realise we would have a pandemic which stopped all travel and socialising</p>
<p>Enjoy at last the freedom to take breaks from work as needed not as a battle in competition with other employees. Volunteering so controlled now with fixed time slots / working with children etc seems like work all over</p>
<p>I haven't missed working at all in over 20 years of retirement.</p>
<p>I am finding my life more fulfilling than I expected it to be, but the finances more difficult than expected.</p>
<p>Missing the interaction with people I used to work with but meeting many new people in my new adventures.</p>
<p>Retirement means you've reached your goal and now you can enjoy the fruits.</p>
<p>There parts of the routine of working that I miss. But the freedom of time is nice. I don't have to rush to get things done at home.</p>
<p>We had planned to stay fit, go sailing, travel while we still can. So far so good.</p>
<p>Not quite yet retired but as a tutor (former teacher) hours are decreasing each year especially in the last couple.</p>
<p>way better than being a slave</p>
<p>We did some thinking about what retirement we would like - hence meets our expectations.</p>
<p>I had virtually had enough of 'work', I was a shift worker in a often demanding technical based industry. Anything would be better than work!</p>
<p>Declining health issues but plenty to do with not enough hours in the day</p>

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Not having been retired before it is all new. Also I am the eldest in our family group and the first to retire so there was no "mentor"
Covid messed up plans for travelling.
It's what you make it!
I expected to share this time with my beloved but sadly he passed with ill health at 71 hence the worst part is retirement on one's own.
Less stress to complete work but not used to fill my day with other activities
We had expected to travel once we retired but of course COVID stopped that
At 55 I still have relatively good health and now I have time to allocate to my interests and not my (sold) businesses.
Opportunity to pursue all the interests that previously were impossible due to time constraints
I've very much enjoys the first 18 years but the last years are difficult as age catches up with me.
Still getting taxed after retirement...should never owned a business and done 70 hour weeks for 20 years so the ATO can still slug me!!!
Lots of free time. Financially roughly where I planned to be. Covid has badly interfered with plans to travel.
For our family and many like us there is no retirement we have taken care of our disabled son the sadness that comes with every day we watch and wonder what might have been we love our son and will always care for him but for most people they have no idea of the years of heartache this brings so for us none of the above and certainly no retirement
Accurate expectations :)
miss the support of my PA - simple things are left to me and that takes a long long time
Didn't need \$1 Million invested to live comfortably
Pretty much as expected, but having been retired for 29 years it is much as expected. It is very important to keep your brain active and join outside activities such as Probus or become involved in sporting clubs. I was involved on the board of Eastwood Rugby for 25 years which kept me young ?.
Feelings of worth are worse. Stress level are better.
I am fortunate that I have enough money to live on... I get to do spend more time with grand kids and doing things I want to do..
I expected to miss the validation and status that paid work brings but I don't, not at all. I look back and wonder why I ever took any of seriously.
Better because I can sleep in worse because I don't get the same level of purpose and social interaction
Done things we always wanted to do but didn't have the time or money. Rescued horses, owned some lovely cars and travelled.
All the pressure and responsibilities of work gone.
Occasional money worries, some health issues but well serviced through private system, travel loosing its appeal, I realise the end is nigh!!
Busier than ever!
I still do lots of things but I have to do them more slowly.
better: more freedom about how I spend my time (my working days were 10 to 12 hours a day working including travelling time). worse: massive increase in costs of living (food, water, electricity, insurance, petrol, healthcare, tradesmen (plumbers, electricians, etc.) and all things essential for survival/quality of life. huge decline in purchasing power due to low returns on investments that do not keep pace with ever increasing inflation therefore decline in standard of living as the 6% (long term = 25 years returns on balanced funds) with a real inflation rate in excess of 10%pa) does not maintain living standards
As single, still do all domestic & garden chores, car and house maintenance, plus almost full time manage own income. Cope with aged parent's big stroke in Church nursing home. Do her weekly laundry, flowers, treats, and am her private secretary. Good change is no work travel, less phone, casual dress, talk to who I like, go to lavatory when I like. But really still full time busier than ever.
I have plenty of Money and can now do as I please and holiday when I choose.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

No Bosses to please . No " must do " schedule . Banished wife from giving me orders , Can let the garden go to hell [ who cares what anyone else may think ? ] .. No need to shave if I am not in the mood [ too lazy ] . No one to please at all ., Gave up cooking altogether . In other words , TOTAL Freedom from all of life's idioticities and demands !!! ,
I reduced my work hours in the last few years approaching retirement so I could 'ease into it'; that helped set my expectations (aside from Covid, of course).
Careful planning and execution of a retirement plan assists
I didn't expect anything startling. I miss the income and customer interaction. Working can be a habit hard to break.
aust shares have done very well
The stress from work is gone. I feel I have recaptured my health
Very nice not to be under time pressure all the time. but sometimes lack of things to do if I have an hour or two to spare.
What I could only do at weekends and holidays before retirement I could do all week after retirement so it didn't really seem like a major change.
Time for doing stuff. Lack of stuff to do.
We made a serious mistake entering a retirement village which was managed with little respect for its residents. Cost a fortune to get out.
It is good to be free of work and professional commitments. It takes a while but gradually I enjoyed active relaxation and my brain is busy with other interests
loved travelling extensively around Australia and some o seas Missed work and all the interactions with others but glad no longer have to contend with a not so desirable partner.
terrific ....partly because the burden of work has been removed partly because I have now spent very valuable years with my wife
Time to relax and not have the daily stress of work
Less stress
Being in close quarters with family members for long periods of time is worse than I thought. And for reasons that are hard to identify, I just can't get around to all the things I intended to catch up on.
My super is dropping
More time to do the important things such as health checkups. Less time with everyone thinking you have time to help them.
Although I anticipated a reasonably comfortable retirement, financial position ended up better than expected. This was mainly due to being widowed at 54 and subsequently partnering with someone whose financial position mirrored my own.
More relaxed. No work or deadline pressures. Less stress and better health
Have sufficient income to pursue my interests and freedom to chose when and what I do
free time to do what I want, when I want. ability to volunteer, escape the cold. plan sporting events and enjoy the final quarter. maintaining fitness to enjoy the fruits of my labour. Help others with knowledge and advice and lead by example. be nice
the last 10 years have had good super returns
I have worked hard on my superannuation and so far I believe I have the right level to survive a simple but comfortable life for the next 30 years
Time to do things I couldn't while working at the pace I want to
SMSF in healthy shape; No debt; 10 grandchildren; secure retirement wealth; happily married for 50+ years; our children are our friends!
More socialising with fellow Boomers but there are boring days particularly with Covid Lock-downs.
Better

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

25 years later - "better" - is definitely my answer!
Quality of life has improved. I am more relaxed and stay in bed for long. I can decide what to do and how I pass my day. Financial pressure has increased because the cost of living has gone up. Also spending time at home sparks confrontation on petty issues with my partner.
More time to devote to things I want to do.
After 3 years Ive become bored, routine sets in but I still prefer it to the mundane routine of working for a living.
More time to devote to things I want to do.
found activities in retirement provide satisfying retired life in coastal town
retired just before assets correction, held pos'n so recovery ok. concern today is potential high inflation eroding savings. plus is freedom to do own thing without a defined day
freedom to do a huge range of things with very little pressure
Super 100% in cash until XAO falls below 5,500.
Retired in 2009. Struggled against GFC , low interest rates, China trade war, COVID and geopolitical impacts. Capital value lost over the decade.
You hear good and bad stories from retirees when you are thinking about retiring - so there is uncertainty as to how well one will adapt.
I don't have the grind of expectations of working flat out every day (more than the 38 hour week I was paid for as I worked as executive officer for several member organisations mostly agriculture linked). I still work the long hours in my own farming business, but it is at my pace and I can take time off when needed. I got bored with travel and just gardening and catching up with people so bought a farm to bring back the challenges and passion, and vigorous exercise that were missing in retirement. Gyms are boring.
Late start to planning retirement but has gone as expected. Good health and good \$s are the key. I am satisfied by a beautiful sunset so not hard to keep occupied. We travel "backpacker+" style for 30 to 40% of the year.
Have time to do things, no rushing around, improved health.
Had/have lots of interests and am financially secure.
Choice is the main thing. The freedom to choose what you want to do and the time in which to do it. Almost no deadlines.
I've always had wide interests and now, in retirement, more time to develop them.
All week to do things not just the weekend. More leisure activities.
Free time to follow hobbies working life precluded. A critical look at spending and possessions. During working life, a lot of spending was impulse, such as buying a new car when the owned one was still a good vehicle.
our smsf has performed dismally over the last 12 years so I would encourage people to do their research and make sure they are in a high performing industry super fund
Enjoy reduced work pressure, but feeling a bit lost without the structure of work. Very busy catching up on 'projects'
It is what you make of it, and make do with what you have.
I quit a job of 2 years after closing family retail business of 40 years. I found it hard to work for another boss. I was 49. The first 12 months I felt lost and thought " what have I done and what am I going to do" . I started doing book keeping for a small podiatrist. A part time roll that changed into running the business after the owner went through divorce. I work a couple of hours a day, 3km from home. In short, I'm semi retired. Some days I don't go in if I don't want to. I really feel like I'm self employed again.
Less satisfying than I expected
After the vivid would appear wages growth now and what is being approved in Public service is going to create inflation eroding our super balances which have taken a direct hit including bonds
I thought I might have too much time on my hands but have been as busy as ever in retirement.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

There is finally time to do what you want to do, not just what you have to or need to do!
I entered a planned lifestyle and adapted as the circumstances evolved so no major surprises or sudden changes.
I love the freedom - eg. not coming home from a teaching job with work to do.
I'm constantly busy with often conflicting fun activities and I'm never bored. Would like more unallocated time!
Being financially able and healthy it's better to be playing than working
No stress, proper sleeping, overseas travel more stimulating, no financial worries.
So much more relaxing without the ever present worry of how the business was performing. Time to do the all the things and hobbies we wanted to do and pre Covid to travel extensively.
More flexibility. Less stress. Healthier
Busier than ever - doing what I enjoy!
Thought we may be short of money, but all has gone well and we can do and have most things we want.
I'm enjoying life more
I now "enjoy" the total freedom to use my time as I choose ! Life is no longer a complex "pleasing other people's expectations and aspirations" . It is my personal reward to myself ! It is such a relief to no longer carry other people's burdens ! It is "Heavenly" !
I am far busier than I expected to be in a good way
Plenty of things to do. I need less money to live on than I thought I would. More time to attend to healthier lifestyle practices (cooking, exercise). Less stress, especially from the daily commute. I see my family much more than before, and I can help them, to ease their stress from working - great for their kids, I think.
A lot more freedom but also boredom
I had expectations prior to retirement that I would be able to have time to indulge in my enjoyable leisure activities such as surfing, bush walking, camping, swimming, going to the gym, more socialising and these expectations have been met.
I do the things my wife and I want to do each day and week.
Freedom, use time as you please, explore my creativity
Quite lonely at times
No need to hear things like 'KPI', 'industry best practice', 'do more with less'... everyday. I can go to bathroom without carrying my with phone. So many things about work that I don't miss. I am the boss.
I planned to do some things and I am doing all of them.
I have no trouble keeping busy. There's always things to do. I miss the challenge of fast paced project work, the teamwork and the absolute adrenaline rush of a GoLive on time and budget with a satisfied customer.
So far my goals of travel and experiences have been good, even though limited in the last 2 years. The super is an issue as we always spend more than allowed, but there is still a significant amount for the future
Although I spend much of my time on pursuits that are not what I had expected to be doing, my time is full and interesting.
Thought I'd be thinking about what's going on at work, but I'm not. Have plenty to keep me busy..
After working for years, a forward planned financial retirement is now enabling us to be financially independent and stress free.
Travel was good until covid intervened! I didn't expect the brain fade, and am now envious of friends who continued working and are now much more "with it". I retired at 58 and would not do that again!
We understood that 'retirement' could be the longest phase of our lives. So it needed careful consideration. Husband retired at about 55 and wife 60 some years later than husband. Main objective was to travel overseas as extensively as we could. Now both mid 70s and very pleased given Covid, Ukraine, etc. Financially we aimed for an infinity growth timeline, if possible. So far so good.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

The freedom to do what I wish with my time is exhilarating!
I've thrown myself into volunteering which is like a full time job
I discovered share market investing, which is more fun than any job I had, and pretty lucrative.
I had a pretty firm idea of what things i wanted to achieve once i retired.
Not having to commute to work and not put up with work colleagues you dont like. I miss the social contact of others. there was a sense of contributing to society but thats OK I have done my bit.
More time to spend on new hobbies and a new grand child. fortuitous coincidence that my forced retirement came about the same time as our first grand child
I had a general plan to be ready for retirement by age 60 and it has worked ok.
Love not having to go to work any more. Feel relaxed and happy with life. More time for friends and family.
Appreciate ability to indulge personal interests, but do miss the stimulation of meaningful interaction with a large workforce.
If you enjoy good health as I do (long may it continue) there are an amazing number of things to do with your day: exercise related, education related, socially related, investment related and so on.
Still healthy, which is so important. Heaps to do, never enough time. Making great new friends in over 50s resort
No longer have to run a small business
miss some structure, and client relationships, don't miss the stress of client demands. Retirement at beginning of Covid was not ideal with too much time in isolation.
Spouse developed a number of chronic illnesses mandating a very different kind of retirement than jointly planned and saved for
Better lifestyle, far less stress
Expected to be able to slow the pace down, have time for my interests rather than the demands of keeping up to date with employment demands.
Time for rewarding volunteer work, time for grandchild daycare and school pickup, time and money for travel in Aus and overseas, time for favourite activities (sailing, caravanning, socialising, family etc)
Better lifestyle – rural
Thought I'd enjoy it and I do.
thought i would have anything to do. Now not enough hour in the day!
The dreaded quarterly BAS is till hanging over the residual, not closed businesses - mostly rent-related. They are too small to farm out and I have done it for years.
Much more relaxed away from corporate life, lifestyle advantages of long lunches without guilt, late nights out with no loss of sleep, plenty of travel options (even though now I'm paying for business class!), loads of time for exercise
As a self funded retiree managing a SMSF I have plenty to keep on top of. The household/garden tasks take longer now I am older compared to when I worked.
more family time and extra time with friends, then travel and no rush, "every day is a sunday"
I reduced my working hours gradually and increased volunteer roles and fitness activities while I was working part time.By the time I retired permanently I was already involved in other activities so the transition was not a shock.
I really was not prepared for retirement.
more time to do what you want
I miss the bustle of work and being relevant. However I don't miss the distress that can come with it. Love being with my wife and grandkids.
It is liberating to be entirely in control of how one spends one's time.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Some days I don't know what to do with myself; other days I rejoice that I can do/be what/who ever appears.
Health issues and covid
More free time but less income to use in that free time. It can be difficult to have a sense of purpose when there aren't the deadlines etc associated with paid work.
Initially after I finished all the jobs I had left for retirement, learnt the hobbies I had been wanting to try I was a bit lost. More time for tennis etc didn't fill the mental stimulation I needed, so went back to Uni part time for a few years. Eventually we moved from the coastal "retirement" area to a small city. The views, weather etc not as good but so much more to do. Part time work for five years, more varied interest groups to join, learnt Bridge (big time consumer!), lots of physical activities and groups to join. My advice is: Scale back your working hours/days for a couple of years to find your feet in the new world. DO NOT sell up and move to the "holiday/retirement" area - rent in that area for at least 12 months to see if you will get the mental stimulation you are used to. Stay fit with walking groups, sports, yoga etc (social contacts) so when you fully retire you are ready for anything that comes your way. If you are going to move away from where you have lived and worked for years, consider if you will miss the family and friends you will leave behind. We met so many people who had sold up and moved to "live the dream" only to find they were always on the road to visit family and old friends and not able to afford to buy back into where they had lived.
Health problems are more limiting that I was expecting but neither was I expecting a grandchild who is my greatest joy. We are comfortable financially because we have always been savers and careful with expenses. As to the future, enjoy each day as it comes.
I retired in my early 50's so was a little guilty initially having a strong work ethic. I soon got involved with volunteer activities however, including helping the aged with their gardens, bushcare and coaching my kids' cricket and soccer teams. Never been happier!
Financially sound, live in a great environment, good medical services and lots of act belong and commit.
Play more sport. Doing my own thing rather than running around at work 60 hours a week.
Covid has impacted some travel plans and socialising with family and friends
Freedom to wake up whenever you want
Have more time in retirement but not enough to do more things that I would like to take up
am able to pursue activities I like at the time of my own choosing and to shun activities/obligations that are tiresome in retirement
The house is unencumbered and my wife's and my separate superannuation funds allow a comfortable retirement without resource to the aged pension
It has lasted longer than I expected
As my wife is still working, retirement has had limited impact on my life. But I wouldn't change it for the world!
Best career move I ever made.
It's just so relaxing
Best time of my life - no pressure of work, plenty of social activities (day and evening), enough money, friends also retired so can visit anytime.
Went part time in the last 4 years of work and used the time to discover and develop new interests. Having a good understanding of the benefits of superannuation and its rule allowed us to plan, and now enjoy a a better retirement than we might have had without that planning.
Defining a life purpose for post-retirement is a challenge
I am pre-boomer, born 1943, but still do one day of paid work a week (about). I have been able to reduce my working week from 5 days (+) at 65 to three days then two days then one day. I feel very fortunate in that, but I did work at it. Should be fully retired by about 81!
I expected to continue my activities whilst working with the exception of being paid for my work. With my wife we have travelled Australia and overseas, have cruised (once to Alaska) and have indulged ourselves with cultural activities. As we age our physical abilities are declining and we spend meaningful time with our grandchildren. We also volunteer and donate quite generously to causes that we believe in. good health is paramount.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Free time (time that is not committed to anything, yet)
Hard to have meaning for each week, we are programmed for the effort/reward scenario. unlimited play is not fulfilling enough long term.
Need to fill in time
We planned to travel overseas a lot more and COVID has impacted on that.
Freedom to do more & help others.
I'm in charge of how I spend my days
Freedom of choice is wonderful
Time to spend with family and hobbies ie. bushwalking and gardening
After 12 years of retirement, we are yet to dip into our capital and still enjoy a comfortable retirement with annual os trips and regular new motor vehicles
Careful investment strategy ....no punts!
The stress levels have gone way down, and more time to exercise, including gym workouts.
Unexpected health issues have significantly impacted many plans especially travel. More time with my wife who was significantly neglected due to my work.
My retirement is only partial. I am an actor. I have realised over time that actors are square pegs in round holes with a lot of this stuff. The questions asked don't suit in many ways. This situation may be true to some extent with some other artists. Some, not all. Actors need a gig and an audience. Musicians and dancers can still do stuff in their room. John Gielgud said, 'Of all the arts, I think acting must be the least concrete, the most solitary.' Please read my following responses with the thought that I haven't retired. I can't say to myself, 'I've retired.' I'm still looking for work. Also bear in mind that most actors have to have side gigs going. 'Unless you are financially independent, you should not be an actor.' (Tippi Hedrin - 'The Birds' (Hitchcock)), I am, however, living more of a type of life which conforms to retirement, as understood in a general sense. It's a bit slower in some ways; more space to breathe, smell the roses a bit.
Much more time to indulge my interests, e.g. sharemarket, travel, bridge, family/grandkids, time on my farm, etc.
Most aspects of retirement are just fantastic with plenty of free time to spend with my wife, family and friends. I devoted a number of my early years to community work. The downside of retirement is keeping busy and fit as we have to be fit if we are to enjoy retirement.
I still work at 70+ part time, doing what I love. I don't have to put up with any b.ll s..t from any one. I can just leave and go some where else. Plenty of work available
Enjoy grandchildren but I am bored. COVID has wrecked my travel plans
My time is my own and not owned by who I work for. I have the freedom to do what I want when I want and can be more spontaneous
Some of the more beneficial aspects of a working life are are not replacable in retirement eg constant challenges, comraderie, being part of a team, the learning process.
Initially better, but health issues really sets back. Should,have retired a couple of years earlier to do more physical things - lost 2 years with Covid I suppose.
Great lifestyle and plenty of OS travel pre covid
Retirement is what you make of it, nothing more or less.
The gift of time. I don't have to everything at a rush. Whether it be travel or the simple act of reading a paper I have just slowed down.
Like anything in life what you choose to do affects how well you live, so I have a fantastic life, own a house and have super and savings in the bank. I live an extremely comfortable life without being to extravagant.
Ability to do what ever i want, when i want for as long as i want.
Hard to organize my day sometimes, need to plan at least the day before otherwise it is a lost day. Do some volunteer as I have always worked since 14 years old and can`t seem to adjust even after 3 + years retired.
I have time! - and I choose the speed of execution of any project, less stress.
Have part time work

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I am in 'semi-retirement' so I still do a lot of what I have always done (and enjoyed), but not at the same full-on pace. The garden is slowly emerging from many decades of neglect, which is what I also expected, and time is given to helping a bit with grandchildren - also anticipated.
Covid has affected some of what I expected.
Not much has changed in relation to free time. Stress levels have almost petered out. I no longer "do hurry".
Working out how to spend the extra 50 hours of spare time
Plenty of things to do, cycling, walking, gym, local travel when home or longer overseas trips. Plenty of reading free from the library.
Apart from increasing health issues, things have gone well.
After a long period in a very demanding senior management position, I now, in retirement, have more time for myself and my family (especially my long suffering wife!).
brain drained thanks to so called outsourcing the IT jobs to India because they think it is cheaper for the short run.
I found several groups that I have joined which provide sporting and intellectual interests. I didn't have the time to do this when working.
Knowing what to expect, not planning any sudden changes like moving house, having friends away from work was a great start.
Time is no longer pressured. This is good and bad in that procrastination is easy without deadlines
Marriage separation hit within 12 months of leaving work.
More options to keep engaged and contribute through volunteering than I thought upon retirement.
Was very boring. Even living on the coast. Decided to go back to part-time work. Just need to job share so I can take more vacations....
How to make use of the time in the most meaning manner.
Bored, would prefer to be working. Enjoyed work.
Not bored at all. Loving life!!!
I thought that there might be more financial pressure than there has been due to no income from working.
I can happily and fulfillingly fill my day
Planned for good retirement income, and money makes many things easier. Spouse and I make more money retired, than working.
It has turned out well
Much busier now than when we were employed.
Planned retirement thoroughly financially and lifestyle requirements agreed with spouse
not enough time in the day to do everything I want to do.
Love the freedom and being financially self sufficient.
Get to spend more time doing the things I want.
Financial wise as expected, current volatility notwithstanding, and enjoying the freedom of exercise and reading, and soon more travel.
health issues hips back did to many sports when younger
No one to tell you what to do and when to do it. No more wasting time on public transport or sitting in traffic getting to and from work. Doing things that you want to do at your leisure.
My wife was diagnosed with Alzheimer's
As I had a short notice redundancy I was not prepared for retirement and intended to work another 5 years. I was 63. The first three months were not easy, mentally. But slowly I got involved other activities outside of work. Almost 10 years on all my days are as full as I want them. The addition of grandchildren, my kids building or renovating houses, my bush walking activities and my involvement in the Australian Investors Association has all added to the many activities I am now involved effectively replacing paid work with stuff I get a lot of enjoyment from. So a slow start but now very happy.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Took a few years to understand that I didn't have to have deadlines, schedules and feeling pressured about these self-imposed constraints. Much more relaxed and now really enjoying myself in retirement.
Covid has drastically interrupted our retirement plans while when andrews allowed we were able to spend special time with our 2 young grand kids
I had a history of working with mostly bad, ineffective CEOs in multinational enterprises
We have been travelling around Australia since retired
Lacks stimulation provided by work colleagues
All the worry about how much volatility is out there when your got superannuation to invest.
Concerned about Govt interference in financial planning. Waiting for the inevitable transfer by Govt confiscation of Savings. Maintaining Private Health cover is the most important issue.
Probably because I am now more busy than ever but under my terms.
I thought my partner would retire soon after me. She didn't and that means I have too much time on my hands.
Diagnosed with cancer one year into retirement, but glad that it happened after work finished. Looking forward to socialise and travel once well.
The sense of financial security is as expected and the flexibility of creating a schedule to suit my life is wonderful. I have picked up just enough board and committee work to maintain professional connections. The downside has been failing health of my partner which limits activities.
I've decided to keep working almost full time. .8
I am busier than ever. I have no idea how I ever managed to go to work.
Able to spend quality time with grandkids more than I did with my kids!
Wonder how I found time for work!
I had positive expectations and that has been my experience although it has been very different from the retirement that I expected.
You can run your life and not have it dictated to you
Loss of status but free to determine how my time is spent
Review of lifestyle has created nightmare of decluttering and preparing to relocate from NSW to Qld (I know no one there). After 40 yrs in my only house I am terrified. Packing for 2 yrs. Unexpected health issues involving radiation and joint replacement has add to my woes. Constantly stressed.
Have no problem filling in time. There are plenty of volunteer organisations to join.
Activities expanded to fill all the available time
Kept on working but without pay
I expected to pick up work but it's true about ageism!
Its a big change no longer having active income (ie from working) Although in a relatively ok financial position I still feel the need to be able to support my adult kids should it become necessary. That and current market volatility reduces any sense of financial security.
Ony do things that we enjoy doing, when we ant to do them !!
Miss the social aspects of work, appreciate the time flexibility aspect
More time to be in charge of my personal affairs and finances
Had planned on annual overseas trips and multiple caravan trips every year which covid put on hold, but those plans are now again happening. Did not think of I would need to consider elderly parents in nursing homes and time commitment (and hence geographical commitment) to them, plus other family related issues consider.
The dollar value has declined radically making many of the recreational activities out of reach. Of course health costs have also risen.
Time to do other, more diverse interests, as well as developing new interests.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

More freedom, slightly more personal medical issues, some serious like a heart attack, and some tragedies like 4 years dementia support leading to the death of my wife.
I had transitioned into retirement by gradually reducing the number of days I worked until eventually retiring. I still do some ad hoc consulting. During the transition phase I had mapped out what I would do in retirement and phased myself into it. Basically I had a plan hence why retirement was what I expected.
Time to play.
More time on hands and more relaxed with time pressures,BUT you are not having contact with people to the extent i did in Banking & retail
You definitely slow down somewhat as you age, but initially retiring from a busy occupation can be a very sudden change mentally and physically. It does get better with time as you acclimatise
It took a while to fully appreciate retirement, as some of the things I thought I would like to do didn't really turn out the way I thought. After some different volunteer activities and meeting like minded people, I now have a wider circle of friends, interesting and varied activities and can look back on a work life that is now funding my retirement.
Finally in control of my own life!
The extra time available in retirement took a while to fill in,and there is little pressure to complete tasks,or whatever,against the clock.Fewer adrenalin rushes or pressure were actually missed!
More financially secure than it may have been. Health is still good.
Good health, tax free super, plenty of friends to do things with - probably the best time of my life.
So much more time to do the things I want to do - some times there is not enough hours in the day. However with Covid we have reduced/restricted shopping & other crowd gatherings.
I took the gradual approach
Great on having more time, bad on less social contact and purpose.
Don't have to go find things to do as we always have things happening or being planned. One word of advice I received was to "always have something that needs to be completed each day, even if it only takes an hour and can be spread over most of the day. The satisfaction in completing something is necessary for continuing motivation"
cost of living increases more attention to age related medical matters and costs
Finding something to do on a regular basis.
health problem
Finding it hard to fill the day
y heath has inhibited me a t times
Went back to work part time. I wasn't ready
I don't think of it as retirement. I have just changed my job. I am still very busy with a range of rewarding activities; travel, helping others, managing my wealth, looking after my health etc. life is great even if there are challenges in getting older. It is nice to slow down.
The ability to choose to spend each day however you wish to is quite liberating, and a much more positive experience than I expected.
The ability to pursue what interests me is good; my partner's deteriorating health which restricts what I can do is not so good.
I always planned to travel and then move to another country where the cost of living was cheaper than Australia. I did that, and I'm happy (pandemic disruption notwithstanding).
Feel more relaxed over nearly everything except the overwhelming sensation that the \$ I currently have needs to see me though my last 35 years or so.
Time to do as we please. Few deadlines to meet. Not at all bored.
I expected to replace unpleasant tasks like work with pleasant tasks like gardening and environmental volunteering and that's what has happened

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

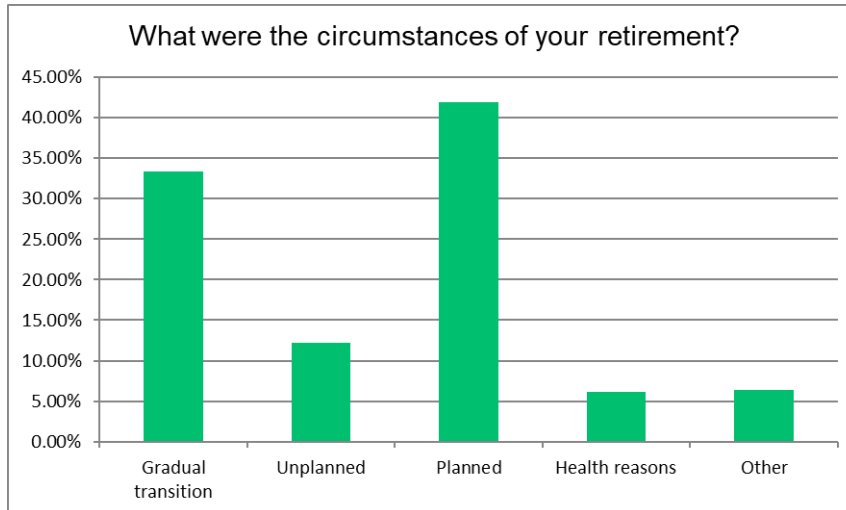
miss social aspects, love the freedom
I didn't get to do what I expected to be doing in terms of volunteering. After 12 months my suggested I go back to work - so I did, part-time.
should started it at 65 and still be able to put money and take it out of super
Our general life styles and interests are established well before we retire and retirement provides the opportunity to do a lot more of those things we enjoy.
financial pressures and creating income to live on
Not having to dance to someone else's tune is bliss! Have thrown my watch in the lake and am no longer responsible for anyone else's welfare except my own.
Ageing body and illness for both me and partner reduces opportunities for activities and Covid has taken up most of my first years of retirement.
mainly traveling which isn't as easy as it use to be
Financially secure, so enjoying the ability to do philanthropic work, pursue interests and travel.
There is less rush.
Not having to go to work and plan my week is a plus although because I am home and available I am very busy with family matters and don't have enough time for relaxation
I prepared for retirement by working shorter weeks before I actually retired. Since retiring, I have remained active in voluntary activities as well as catching up with family and friends, enjoying our garden and reading - and by travelling a lot with my wife.
I expected to spend a lot of time on my hobbies and this has been the case. I underestimated how quickly time would pass, and how much time would be taken up by mundane stuff like shopping, cleaning, newspaper reading, etc.
Missing interaction with colleagues and customers but otherwise busy enough
Am busier than ever it seems, with the difference being that I am busy doing things I want to do.
I miss the daily chit chat of work colleagues, but not the work itself.
More time doing the things I like. Less wasted time in fruitless meetings and debates at work.

#### Q2 What were the circumstances of your retirement?

Gradual transition retaining some paid work	33.38%
Unplanned due to loss of paid work	12.21%
Planned full move away from paid work	41.89%
Health reasons	6.18%
Other	6.34%

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments



Planned but fast-tracked by a golden handshake when my employer (state gov) downsized after change of government.

Age discriminatory redundancy

Work one day, retired the next

My job was made redundant

Sold business

It was gradual transition for about a year. We retired at 60 and 61, self-funded obviously.

I had been transitioning but was retrenched in my last job and decided not to seek further employment.

Very small amount of paid work for stuck on clients - probably marginally economic

had a long-term plan and achieved it by age of 60.

Planned for 55 happened at 56

Forced redundancy.

I chopped off a day's work each year for 3 years

I planned for full move away from work but have performed occasional assignments

Fed up with neighbours/noise/inconsiderate people and opted for 44 acres in the bush!

Injury at work put an end to working

gradually phased out

whilst the move was planned it happened early due to health of partner

Worked part time for about 8 years before fully retiring.

paid work ended when my work could all be done on computer

Worked as a financial counsellor, paid and voluntary, for sometime

Redundancy

You miss being part of an organisation and all the social contacts that go with that.

Made redundant after 40 years' service

Covid induced

Only work on consulting capacity by choice of interest

Retired just short of 70. Fully planned.

Left work a few years early by choice

Burnout due to overwork after working extremely long hours for many years.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Opportunity arose to sell my practice
Impact of online sales affecting the business
Heart issues meant there was no upside in continuing to work.
Sold business after 45 years of being a true servant of the public.
Lost consulting role at age 64. One year earlier than expected.
Sale of business
I retired at age 67, from paid employment to flexible personal work arrangement at my convenience.
Constant pain due to a number of injuries made it difficult to continue full time.
Voluntary early retirement at 55
Work became untenable because changed expectations by employer.
I spent some years moving from full-time to part-time/seasonal work.
It was made financially attractive and I knew it had to come sometime
Contract work finished and job market for a 58 year old accountant was very limited
Just scraped in on my plan retiring before 60
As soon as I was Cashflow positive, I retired aged 57
Worked full time, then four days, then three days, before retiring. Still do occasional consulting.
When you are sick you find work difficult,if you recover you wish you never retired
Mandatory requirement to be injected with experimental drug.
Have retired from a professional position of 40 years and now do 15 hours of casual work in a completely different occupation.
I retired at the age of 62.
The transition was much harder than I expected for about 6mths
Initially very challenging financially, but we renovated houses and made profits which set us up.
I always aimed to retire at age 55.
Retirement was planned a decade ago. Investments to supply funds for retirement planned three decades ago
Five years ahead of plan due to need to provide support to disabled relative.
My first retirement was premature with a redundancy. I had some further full-time and part-time work until finally full retirement around age 70.
Got sick of working from home
I'm largely self-employed that made it a bit trickier.
I work casual for a set time then have set time for travel.
A good super pension, a few regular share dividends, 2 1/2 years of part time work was enough for me. I missed the socialising however.
Worked in my own shop until I turned 71
Self employed. Just did less.
I do a small amount of consulting work - generally not more than 3 hours pw
Retired early 56 years old but phased down with consulting work
Retrenched
IMO if you can then transition.
At 67 its very hard on the in the construction industry.
Voluntary retrenchment - too good to turn down

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I did not want to participate in another restructure
Cut down stress, very frequent travelling and late night teleconferences/video conferences
Retired four times. Earn't money consulting until 70 then bought a farm and ran a stud of beef cattle until 82
After a sustained period of working harder and harder, I just got to the point of saying let's just not work for 6 months and see how I go. That was 18 months ago.
My wife was offered a voluntary redundancy and did not enjoy her job, so we took it and planned to reassess after two years.
When my lawyer daughter had her first child and was going to be earning more than me, I retired to look after her baby and be a good grandfather.
Work burn out combined with CGT issues
Although my employer wanted me to continue working because he valued my technical expertise, I decided to retire while still fit and healthy and relatively young (72) so that I could enjoy an active retirement. I decided
I had arranged some part-time lecturing (4 hours/week actual lecture, but 36 hours/week preparation) but my boss hadn't properly arranged for my replacement, so I retired on Friday and came back on Monday working 40 hours/week. Retirement?
2 days per week, 8 hours each day.
Sold financial planning business
I worked for myself, and was happy to let it fade away.
Have now fully retired and enjoying the almost complete freedom
Once my Commonwealth Defined Pension was going to be more than my take home pay and work expenses I retired at age 62 after nearly 27 years in the Public Service. I had had enough of work.
3 days a week from home for last 2 years
Retired from stressful but well paid full time work in my early 50s on my own savings plus some part time work.
PTSD Police Officer
retrenched
As planned
Cutback over the last year
Went from full time work to a 4 day week for 3 years before retiring.
I was a fund manager/equity analyst. My employer refused to pay a \$160k bonus based on trading profits I was legally entitled to so I retired.
Retirement has faded as a concept; only specific meaning is now in relation to income tax/super.
At 63 it was time to give it up
As above, knowing how much was needed in kity to do so. I began investing in 1977 with insurance bonds, then to imputation funds, (Colonial First State, thanks Chris) then SMSF, as they came along.
Got burnt out at work so had sick leave, then used up long service leave, then retired.
Although planned, issue with manager brought leaving forward rather than gradual transition
Spouse has Parkinsons so retired early with a view to travel while we can.
I didn't enjoy my last 18 months of work due to changes within my employer. I could have worked longer but chose not to
My Husband retired. I had planned to keep working but it interfered with our plans for travel etc.
It was planned but under my control - not imposed by bosses.
I chose the time 74 years old and 56 years of full time work
Combination of planned and unplanned. I had planned to retire sooner rather than later - but a redundancy made it financially possible to go sooner than expected.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Sold my family business and retired
Retired at 70
Although not planned, it was 'suggested' I leave.
I took a 3 month overseas holiday and almost forgot I had worked
My contract was ended age 62.
had a "job" I loved (opal miner) so never really worked!
Ended up as consultant for about 6 months
Farmers die with their boots on, but this year I finally sold the farm after he had passed.
I only work 0-3 days per week assisting during an extended hand- over period of my business , after which I will pursue part-time work but only as I wish to not because I have to work.
60 on the Monday retired on Friday.
Planned to gradually phase out over 5 or more years. Was made redundant 2 ears before I had planned to reduce hours.
My wife's return of cancer and the need to care for our disabled son
Heavy job and injured shoulder and back problems
I was retrenched from Westpac when they decided they did not require senior managers.
Have small income from part time work.
I worked three days a week for five years prior to retirement.
Sold our business
Accepted offer of payout for voluntary early retirement
tossed out after 40 years with one employer, retired
At age 56 I had had enough of the daily grind.
forced to retire earlier than planned and adverse govt changes to pension age and income & assets tests
Downsized from waterfront Council rates to water view council rates.
I aimed to retire at 50 but did retire at age 47.
Just reached retirement age , that is all .
Gradual transition is the way to go
To care for spouse developing dementia
peter costello-sell your business and put it into pension -pay no tax
Transitioned from 20-30 hours for 10 years to full stop.
I was 55 when I was retrenched and I didn't want to try and get another job. Thankfully I had saved enough money to be able to retire comfortably.
we had our own business so wound it down and sold it as we changed our lifestyle.
burned out totally
Covid ended my employment
Offered a retrenchment package at age 60, took it and never went back.
On reflection would liked to have the opportunity to move to part time.
No longer needed to work and had lost the pleasure of it.
kept my finger in but eventually pulled it out
I left an executive role to support a variety of similar businesses in a two day a week capacity that I completed over five days a week
Employed for about half working life; self-employed for the final 20 years.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Found working for younger inexperienced people tough when doing consultancy roles
Planned to retire at 60 when you have full & tac free access to your Super.
Important to have continued interests, enjoyable challenges and mental stimulation
Sacked after 41 years of what I thought was faithful service
I reached age 61.5 and had always planned on retiring around that age if we had the option. As circumstances were, we could so I stopped full time employment.
Sacked after 41 years of what I thought was faithful service
I worked to 75yrs to provide for the family after my husband was retired by Keating fiddling his job and salary rate, giving us a pension of \$110 a fortnight in 199 he was a highly qualified and experienced electronic engineer.5ry rate
Redundancy package
Ended up doing 5-6 years of casual part time work. More because it was on offer rather than need
One day just decided I did not care what was going to happen nexy year and it was time for me to go.
Cold turkey. I was tired of management role & pressure. Great relief for me but see many others for whom this is not an option.
I owned my own micro business and as my health failed I hired a series of manager to replace me, but none of them worked out, so the business went downhill fast and I retired earlier than expected. Think early about succession plans!
Realised I'd lose clients so planned well ahead.
Went to 4 days a week for a few years before fully retiring
Change of employment triggered some soul searching and, having the wherewithal, a move to full retirement and development of unpaid activities
Retired at 45 after planning to retire at 55 but investments allowed an earlier retirement.
being self funded retirees (just); my wife and I do part time work about 15 hours per week and I am now 75
Trying to keep work under 10 hours per week.
There seems to be some work for anyone willing and able. This keeps you being part of sociey
See above
And fact is ageing relatives and friends passing on
After accepting a redundancy, I decided to do post-grad study in the hope that this might lead to a '3rd Age' job, but this has not eventuated.
I was retrenched at 57
Retired at 65 after planning and preparing for it.. No work in retirement.
It was just time aas my last international teaching job was not satisfying
Business was sold but with a 2 year sale process -golden handcuff gave financial security
Sold business. 2 year transition
over 3 years I reduced by one day per week until I made myself redundant
I just had to make sure that I had "squirrelled away enough acorns" to ensure I no longer had to rely on "scrounging a living" and waiting for "windfalls" !
I gradually reduced my hours over about 4 years
Grandkids came along
Made redundant 12 months prior to planned retirement which was welcome.
Made redundant and expected to find work as I wanted to work but alas, at age 60 No Joy. It's as if you've reached your useby date and no one wants you.
Health reasons coinciding with rapid increase in technology and changes in work.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

did transition to retirement - changed to part-time
Retrenchment after spending too much time looking after my sick mother.
We retired after turning 60, so we were able and well to travel
62 years old. Happy and healthy and generally enjoyed my work, but the time has come to enjoy hobbies. has come to
Planned plus health took over the decision also.
As per Q1, man had been main worker so wound down over about 4-5 years whilst wife, who had stayed at home for child raising, wanted to work longer. Timing worked well.
Took on full time voluntary work
I quit a job, thinking I would become a consultant, but while trying to get consultancy work discovered that if we shifted from real estate assets to shares we wouldn't have to work.
Made redundant because of age.
Redundancy
Finally rejected corporate bureaucracy. Didn't need any more financial assets.
Over a 5 year period worked from a 5 day week to a 2 day week
sold business and retired, 12 month handover / assistance
The 'health crunch' came shortly after retirement
Health prompted retirement 18 months earlier than planned but worked out well.
Full time Navy to part time Reserve
Business closed due to lack of work
Retired from my career at 48, then spent about 4 years on part-time work.
Am proponent for getting out as soon as comfortable post 55 that financially secure for what you plan to do
Retired on may 61st birthday as planned
A medical event 12mths in stopped all paid work and increased medical expenses
Wife's ill health
Kennett government privatisations.
I still do the odd consultancy if it comes my way.
Unexpected redundancy at 59 but 2-3 years later have a few part-time and casual consulting roles
Recommend: Work part time for four or five years if you can organise it, before retiring fully.
It came sooner than I expected due to govt retrenchment in a regional area, but i'm enjoying it now
earlier than expected due to medical issue
Did 3 days a week for 8 years beforehand
The older you get the faster the ailments start appearing. Retire early and soak up what time may be available
forced retirement through redundancy
Having retired twice (2009 and 2015) and returned to part time work each time, I have (in 2022) again been asked to provide advice (as an employee) to a multinational company
Retrenched due to restructure
Cut down on working 4 days a week for 6 months then 3 days a week for another 6 months before getting a very nice redundancy
Industrial diarrhoea. The job was giving me the shits
I took 6 months LSL and holidays etc before I made the big final decision.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I ran a consulting group and decided to discontinue marketing until no external clients were being serviced.
Major bank kicking out people over 50
Had done my time
Had opportunity to take early redundancy
Retired at 60 as I had always planned
Sold my business.
Before COVID I was also teaching at a University and working in a Testing regime (IELTS). Acting work was severely lessened during COVID. When things opened up I returned to do a day or two a week of casual relief teaching in a school (I am also a qualified teacher).
I retired when I turned 57. I had planned this over the previous couple of decades.
At my pace
Still Chairman of a medium sized Company
Welcomed loss of work
I had an amount I wanted to achieve that would set me up for a good life in retirement and I reached that goal and I couldn't work much longer due to the physicality of the work, which would take its toll on my body
Voluntary separation package at age 56
Had my own business so scaled back
Said I would retire after 40 years work and did it to the day
I had my own local trucking business and was aware that the traffic was becoming harder to negotiate
I have been very fortunate to have a career which enables a transition.
Lower levels of work hours confirmed whether I had enough superannuation and was excellent "practice" for retirement
Went from self employed to employed full time for a year, half time for a year.
Overnight IT department was closed and outsourced to India
retired at 62 because of ill health
Job made redundant
Was made redundant.
Wife did not want me to continue to commute interstate. Enough is Enough after 10 years.
I went part time but was eventually made redundant which was better than retirement.
Completed 37 years FT in the Navy, then PT for 3 years, and retired fully at age 58.
voluntary separation with payout due to covid.
Worked on contract, ended on full time, then 9 months later asked to go back and worked part time until I felt like retiring.
Retrenched after 30 years employment
retired 3 months early before i got a pension
Couldn't bring it on quickly enough. As soon as the super balance was enough I pulled the trigger.
Redundancy with a weeks notice.
3 days a week
I retired twice, initially at age 50, my long term plan and developed a portfolio career cut short when I was recruited after 4 years spending another 4 years in full time exec role
I worked for the junior partner in Merger of two multinational
Sold business unexpectedly
TAFE had been through many restructures and I had had enough of the uncertainty.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Plan brought forward by arrival of the pandemic
While I planned to retire early and did so. I then found myself, for a while, doing some paid work for more or less set periods of time that was not at all planned but seemed important.
I had my own taxi business and gradually reduced my hours
Moved to a NSW rural town to provide a better environment for my family.
No one wanted me for part time work, casual work not worth effort
Took a redundancy
Severe AF
Redundancy over the preservation age. But I think as unemployed, not retired.
Retirement is a state of mind not when you reach 65 !!!
Wife abruptly retired. Myself, 30yrs employment with large business, then last 20 years self employment as home-based manufacturing from which I gradually cut down the work over a 2 year period.
It was becoming too tiring to spend long hours in the office. At the same time I was increasingly feeling the need to explore other interests.
See above.
Sold businesses @47 yrs old(retired under 55 yr tax benefits
At 51 quit full time employment. Took a year off, then worked 3 days a week or so, until full retirement at 57.
I think a lead time of 3- or 4 years for planning and to be ready
After working all my life and thoroughly enjoying what I did, I found the decision to retire extremely difficult. Life is somewhat structured, particularly for baby boomers e g marry, have children, get a home, work to fund retirement - then - when its time it's like coming to the end. Hard to cope at times.
Retrenched at 65 but after doing my sums,found I could afford to retire.Plenty of volunteer work was a worthwhile substitute.
Burn out - PTSD
Took a redundancy earlier than anticipated
My employer at the time was happy to accommodate the transition.
retired from regular work at 55, and again from part time work at 75
Dissatisfied with administrators at work forced exit.
Good option for me
Some paid work for about 5 years
I had 5 years of part time contract work spread over a 4 month period. This left me 8 months to do other things.
18 months LSL on half pay at age ~52 then full retirement at age 53.
Redundancy, but with sufficient notice to plan for retirement.
doing a few fill in jobs from previous employer - next will be last - my time now
Finances were good and I was sick of work
I hit 55 and wanted to explore other avenues of life
tax reasons
It wasn't intended but a forced redundancy shifted the latter year priorities.
tradesman who could not continue heavy work after age 57
Went from 4 days to 3 days then out.
Sold a business
Thoroughly recommend a gradual transition

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Retained one directorship only, otherwise living off savings
Was recruited by a former colleague for a part time casual position, will potentially be long term
I worked shorter weeks for 10 years before I retired
Was contractor to original work company but covid put stop to it: no contractors allowed
Purchased my own business after leaving the corporate world
Extensive planning that included a retirement Mission Statement
Workplace unable to provide covid safe environment
Unplanned in that I was retrenched, but it was something I was actively seeking.
I had a near death experience in Africa and decided that life was too short and valuable to waste at work.

### Q3 How do you spend the time previously occupied in paid employment?

Volunteering 2 mornings, playing bridge 2 afternoons, sailing one afternoon, entertaining grandkids one morning, planning holidays one morning, creating holiday photobooks one afternoon, being secretary for Body Corporate and Bridge Club one morning, and the rest is "me" time.
doing what I want when I want
Study and writing papers. Investment management. House renovation. Volunteer work. Sculpture. Golf.
Senior Management or large complex/entities
Home renovations, taking in small paid jobs for others, relaxing, doing all the planned hobbies I never had time for while working
Member of Strata Committee and SMSF
You fill it in doing whatever you need to, want to and can afford to.
Mentoring, Sport, Reading/YouTube, Jokes, SMSF, Family, Travel, Discussion,
Time just flies
Working on investments & finance; relaxing.
attend weekly physio classes, look after elderly parent (chores, financial, medical appoints), meet up with friends, concerts, gardening etc
Socialising, travel personal interests
Hobbies and interests take a lot of time and while working, they were put on hold. We devote time to ourselves, reading what we want, doing yoga, walks, sunbathing in the mornings or swimming on the beach depending on weather.
Trying to make a quid on the stock market. Also enjoying life.
That is easy. More: - exercise and sport, golf 2 to 3 times a week, swimming 2 to 3 times a week, tennis, 1 or 2 times a week, yoga, walks, jogs and hiking - cooking and domestic chores. Really enjoy being able to do more cooking and try different stuff. Done away with the paid cleaner. - reading and listening to music - catching up with friends either over the phone or in person - some volunteer work at a local sporting club, and gardening - planning and going on vacations. I will have at least 12 trips ranging from 3 day domestic to 24 day overseas trip
Bought a small farm - looking after animals, planting trees, renovating buildings, upgrading water catchment & storage. Doing things in the community.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

<p>This is changing over time. Initially a lot of travel overseas. Later house and garden improvements and maintenance. Running my own SMSF and undertaking research for investment and expanding my knowledge in this field. Participating in U3A activities. Photography and digital editing and presentation.</p>
<p>engaged in projects, listening to music, keeping fit, doing more housework, spending more time just enjoying the day with my wife/family. Having an afternoon nap. Going to bed late at night or earlier if i feel like it. Checking out all the many interesting options on UTube. Writing.</p>
<p>Traveling gardening reading</p>
<p>Do 99% of maintenance yourself. House, garden, cars, boat etc while you are able. Before Covid, month or more travelling in Australia. Fishing, boating great time wasters</p>
<p>Certainl When I first fully retired I was initially bored and threw myself into mid week sports; tennis, volleyball, badminton. I then did a couple of full time courses at the local TAFE. I then went overseas intending to teach English for a couple of years. I have now been retired for 15 years. I don't play any sports and longer but I do enjoy a late afternoon power walk. During the day I get out of bed at 9am and enjoy a couple of coffees while watching the morning news, I then check the financial market outlook and then I contemplate my day.</p>
<p>Too varied to list.</p>
<p>Physical exercise, reading and enjoying our grandchildren.</p>
<p>Gardening, cooking, joined a new group, yoga, walking, reading and catching up with friends and family.. There's a big, interesting world out there that I am having fun discovering.</p>
<p>More volunteer work. Now doing Meals on Wheels. Have joined local Mens Shed. Get to travel to Adelaide more often to spend time with kids and grandchildren. More time in the garden, my vegetable garden is now twice as big. Generally have no trouble filling in my time.</p>
<p>Painting, traveling, renovating</p>
<p>I do the same things but at a more leisurely pace and spend more time with grandchildren</p>
<p>Renovating, caring, animals, growing vegetables, relaxing dealing with day to day tasks</p>
<p>By going to Bunnings, having a coffee out, at our favourite shop Helping our children with their children. We could pay off our mortgage on one professional salary - they do not have that option. Trips to Bunnings, daily coffee fix, some travel. Lots of medical appointments once the active phase of retirement has passed.</p>
<p>Consulting back to industry I worked in, developing my farm to a grazing property, sport and grandchildren</p>
<p>Travelling, gardening. Looking after great grand kids</p>
<p>Music, travel, investing, socialising,</p>
<p>Mostly volunteer work in the community, more time with family and my hobbies.</p>
<p>More time managing personal investments, which are now greater due to the sale of Sydney property and moving to cheaper Sanctuary Cove</p>
<p>looking after sick wife. Playing golf. Reading</p>
<p>catching up with friends, some free concerts, galleries</p>
<p>same</p>
<p>Rotary volunteering, more reading and relaxing</p>
<p>Walking and gardening</p>
<p>Go to Probus meetings/outings. Attend U3A and learn foreign languages. Lunches with friends. Do genealogy/surf the internet. Watch movies on TV. Housework.</p>
<p>house projects, reading books, day trips</p>
<p>So many hobbies, old ones and new. Renovating for me. Travel.</p>
<p>Exercising, socialising, doing cryptic crosswords etc, better maintaining our small acreage.</p>
<p>Looking after elderly parents, gardening, reading, catching up with friends, travel, exercising and organising home reno's</p>

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Development Manager in Construction
jobs as mentioned above and more
Stockmarket watching, art & woodwork.
Financial planner
Lawn bowls, gardening, mates, family.
Bike riding, Bush walking, Golf, Fishing, Kayaking
Avoiding Covid, Parkinson's disease limits options
Travelling, volunteer work, house maintenance
Playing Bridge
I volunteer with Refugee Legal, it has been great learning to operate their system and being valued as a dependable professional contributor and appreciated by those in genuine need.
travel, relaxing, exercising, life's admin
Fishing, golf and working around the home
Live on small lifestyle property with large lawn/trees/garden. Reading books and articles non profession related. Manage SMSF funds and bookkeeping of such for accountant/auditor. Genealogical research and writing account of same.
Live on small lifestyle property with large lawn/trees/garden. Reading books and articles non profession related. Manage SMSF funds and bookkeeping of such for accountant/auditor. Genealogical research and writing account of same.
We built a new house, plus busy with social activities
Freedom of choice to only work on what's of interest or don't work. Spend time in reading, travelling, volunteer to help, drink coffee, listen to music , podcasts etc
Working ! But in different ways. We run an Air BNB inc doing maintenance and cleaning. Help with care of grandchildren , run two houses, do charity work and am doing a book of family history. No shortage if things to do.
Park-like Garden gives much employment. SMSF always requires attention The internet gives access to info I did not previously have time for, but am very interested in
Lots of time spent outside in the garden, in the bush, in the paddock, in National Parks. Some time spent on managing my investments.
Supervising family investment company
Travel hobbies Volunteering
Reading, relaxing going to do things that I didn;t have the time to do
Golf
Working on home improvements and hobbies
Exercise and reading.
Exercise, home duties, carer for spouse, caravanning, motorcycling.
Helping others, gardening, lots of pent up jobs to do. May take another 6 years to catch up. Then I plan to travel. I have never gone overseas.
In Probus activities
Play gold twice a week, learning to play bridge with my wife. We go to swimming pool every week. Driving trails around the State. Held off on overseas trips due to pandemic.
Running our SMSF, travel,reading,gardening,grandchildren,golf,socialising with old friends, charity work with homeless shelter
Golf twice a week Bridge twice a week

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Administration of local sporting activity at least 10 hours a week Doing what the wife tells me -daily
Investing, managing and property maintenance, exercise and sport, some travel
While in fulltime work, the properties were managed by agents while my partner managed the share portfolio and bookkeeping. After my retirement, I'm managing them myself and find that fulfilling - meeting tenants, preparing lease agreements, organising maintenance and repair work, getting to know trades people, doing the bookkeeping etc.
Volunteering in several charity, health rehabilitation and church activities. Making wooden toys for local charities in a woodworking club. Walking, reading, puzzles, gardening
Research family history. keep financial records up to date. Read the news on line. Walk 2 hours most days. Give a friend a hand with farm work in season. Have a meal with friends monthly
See first elaboration
Family and grandchildren mainly. A bit of travelling.
Golf, sharemarket, time with friends and partner, light exercise every day, potter on the net. Travel to new and interesting places when Covid settles down.
Travel overseas and in Australia...half the year. Visit friends. Movies, volunteer, reading, gym daily. Walking and hiking. So much to keep me occupied
Caring for grandchildren. Travel. Renovating holiday house. Renovating own homes. Enjoying catching up with friends in family. Enjoying driving taking the scenic route..
Gardening, housework, engaged in personal pursuits (genealogy, volunteering in environment projects, hosting mens events).
Hobbies, friends, wife, Probus & Volunteer 'work'
Investments, children, hobbies.
Time with my family (work took hours from this). Exercise - walking, surfing. Volunteering, Culture - art galleries, museums, film, live music. Friends
My hobby is exercising and training to compete in my athletic endeavours. Social engagement with friends. For example, bike ride and banter over coffee.
With whatever I want - late long breakfasts, cycling, cooking, designing parts for my 3D printer printing them, going out for lunch where is the problem.
Managing my properties, reading, learning and teaching at U3A, gardening, Square Dancing
More quality time with partner, Board and committee roles (some paid, some voluntary), increased exercise, greater contribution to household tasks, reading, gardening, travel, more time with elderly parents, manage personal finances.
Mostly just filling in time and doing tasks I would have done outside work hours
Stay at home
Exercise classes X 4 pw. Going out for coffee most days. Drives into the countryside. More time to read emails and watch political or financial webinars. Still don't get the paper read daily.
Coffee and Cake, gardening, cups of tea, read the paper, surf the web. You get the idea nothing and everthing.
The same as before retirement the only difference is it is on a much smaller scale. My retirement is now a profitable hobby
Chilling out, meditating, eating out, road trips, observing the human mass psychosis.
Was self employed for last 35 years.
I find that I am living a more conservate life than planned because of the uncertainty of what could happen to my self funded retirement nest egg. So I am drawing down at the rate of 2% instead of 4%. Travel and home improvements/renovation are all on hold.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Morning swim and coffee with friends every day, managing investments, playing bridge, family involvement, travel, doing chores previously my wife's responsibility, reading , gardening , walking.
Regular sport, hiking, mountain biking and the socialising that comes with activities Mostly behave like I am on leave but not crashed into 3/4 weeks per year.
Fitness, travel.
Have a set of hobboes
caring for an elderly mother , reading more books
Financial Planning , Insurance
Undertook post graduate courses.
ADL's and usual interests.
Spoert - 2 hours per day, part time lecturing, volunteering
Doing more of what I normally would be doing bushwalking/ canyoning/ skiing/ mountaineering/ rockclimbing/ trail running/..... in Austrralia and overseas
Consulting, family business and carer
Volunteer work, looking after parents, fixing house, relaxing
Swimming, fishing, walking, travelling, relocating to a Coastal location and building a house
Work around the home, going to the gym, volunteer work, looking after grand children, visits to Brisbane for health reasons, trips to the beach, going to the movies and theatre, eating out and some holidays.
Reading, walking the dog, TV, coffee with friends
Exercise (cycling and gym) , planning at least one social activity a day. Increasing my volunteer hours each week ( Rotary)
Librarian, researcher, teacher both in school and higher education, herbalist and naturopath running 3 clinics and continuously studying. For fun we sailed and travelled and played music.
Relaxing & travelling
Exercise, family, lifestyle time, & part time work
Caring for self and spouse, reading, golf, excercising , lots of travel
Renovating,bee keeping,camping,golf,go karting,
With wife and kids, grandkids. SMSF management. Gardening. Skiing here and OS
Gardening, family activity socialising with friends, following politics, news and sport, usually cricket, rugby union and league.
I was always interested to improve my knowledge and as I was computer literate - this was easy.
u3a, clubs, societies, gardening, art classes, everything I couldn't do due to working full time.
Volunteering, socialising, travelling, reading & baking.
Real estate. Investing and a medium density development. Also rural property with cattle.
Don't need to rush from one activity/event to another. Just able to do things at a more reasonable pace
self education
Personal investment management. Household activities. International Travel. Extensive local community activity
Management Committee of a NFP. Spend time on managing SMSF. Activities to keep fit. Spend time with grandchildren
1) Caring for parents 2) Some interest pursuits and travelling 3) Maintaining health (important) 4) Interests and Strata Committee which can be very time demanding
Club life, family, friends

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

In third gear instead of overdrive. Ideal for mind body spirit - and those close to you. Doing discretionary happy stuff. Give back, volunteering is fantastic.
reading, walking, learning new things and ideas more time to spend on investments and retirement planning
Installing Medical Gas Systems in Hospitals
Volunteering
spent more time following financial websites and info. Play a lot of bridge
Same as what I did on weekends
Focus on my health Focus on my mental state Focus on my grand children
Lots of business travel.
Work, work and work
Doing things I want to do. Walk on the beach in the morning and generally relaxing. To keep the brain active play online scrabble - words with friends.
Took my agriculture in to agricultural banker until 58. Then 10 years a freelance agribusiness consultant. Did 2 years of volunteer work for UWA then @ 70 bought a cattle stud farm. Sold at 82. Sold at 82. Now living on 730m2. My back does not let me do what I want.
Spend a lot more time reading, especially new and interesting topics such as renewable energy, finance, etc. Also have more time to work on the holiday house, take road trips, etc.
voluntary community , reading, social activities
Working in our larger garden; continuing to play tennis; keeping up with investments; volunteering; reading; travelling within and without Australia; and so on....
We are nature lovers and spend a lot of time bushwalking and picnicing. Retiring early allows me to be active, including kayaking and surfing.
My wife and I purchased a rural property. It can absorb all my efforts and time in just looking after it. Physical work gets harder as you age, though.
I have more time to read and catch up with friends. I have more involvement with retirement activities More time for the exercise I do to keep from falling apart and into decrepitude!
Hobbies.
Golf and travel prior to Covid
Travel,home maintenance, gardening ,
I generally managed to fit in my interests (golf, cycling, travel, reading, TV) around my work but it's easier now. I spend a lot of time on my iPad, like NOW! keeping up with subjects that interest me.
Reading, share trading, gardening, travelling, socialising, bushwalking
Learning a foreign language (daily lessons), reading, racing cars, travelling both locally and overseas, miscellaneous jobs around the house, spend quality time with my kids (all in their early 20's) and quality time with my dogs
Riding my hobby horses related to my previous career, increasing the wealth to be handed over to my kids.
Research, reading, walking, fishing, travel, time with children and sometimes just doing nothing.
Reading, dinner once fortnightly with friends, walking 3 days per week. Some involvement with grandkids. YouTube, politics, history and world events.
Travel, sport and exploring
The transition was so gradual that I scarcely noticed. Most of my life, I was my own boss. The last 10 years were entirely working from home. I simply became more engrossed in investments, and family matters.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Hobbies, walking/public transport for chores more frequently, time with housebound friends
Charity, not for profit
Travel, cruising, share trading, meeting friends
Time with family, volunteer, travel.
Pharmacist
Doing more work around the house and yard, watching interesting clips on You Tube, Studying the form guide for my hobby of horse racing, going grocery shopping with my wife (she did all that previously) and having more lunches out than when we were working.
Cycling every day. Overseas cycling tours (covid permitting). Babysitting grandchildren.
re-connecting with family, travel, golf, exercise, home duties/pleasures
5 acre property plus Landcare volunteer
Travel - 4WD & caravan. Home renovations. Arrival of grandchildren
Ocean and water activities, learning music, visiting far flung children and grandchildren, meeting up with other early retirees, community activities.A lot less golf than expected - after a couple of years the golf bug seemed to die out.
<ul style="list-style-type: none"> <li>- doing preferred activities, musician, study/apply new technology, keeping financially literate, casual academic study eg IT, language, maths</li> <li>- keeping fit through regular workouts, jogging, walks, yoga</li> <li>- rotating cooking meals, researching new recipes</li> </ul>
Volunteer, exercise, grandchildren, travel, woodwork
Golf, recreational activities, catch up with friends.
Daily exercise program eg. Yoga. Hiking. Travel. Reading.
Learning a language, researching future investments, minding friends pets, going to the cinema.
Golf, travel, grandchildren, exercise, relaxing, gardening.
Play Bridge,2 days a week- Invest in Australian Health Companies - Read the Financial Review Financial Review each day it is available - serve on body corporate committees when requested -
Volunteering as Treasurer of two organisations, looking after grandchildren, going to gym, doing U3A classes, playing word and number games on my phone, reading and watching financial webinars, spending more time on our SMSF and my portfolio and grandsons portfolios.
Golf, recreational activities, catch up with friends.
Garden, trying to live sustainably and improve health
5.30am alarm is no more...I get up when I wake up (around 7.30am - 8am) I don't make appointments before 10.30am. Walking more in retirement during the day. Able to catch up with friends during the day for leisurely lunches. Travelling more including being a tourist in my own back yard.
Volunteering, helping with grandchildren
Managing my investments, kayaking, bushwalking, motorcycling, ASA, learning French, spending time with my children.
Some volunteer work, additional travel and some projects that I never had time for when employed
Self-employment Walking, reading, cooking Looking after family Looking after self
Managing finances for people
Army officer 1966-87, Engineer Grade 3 87 -90, Project Management consultant 90 -95, Quality and Project Manager with ACT Utilities 95-2000.
As a teacher. Felt very busy just doing my job and fitting in some exercise.
Gym, walk dog, gardening, house chores, library visits, meeting friends for coffee, reading

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

8 hours a week day
Reading stock reports and novels, gardening, planning landscaping, eating breakfast out Cooking and making some jams - 36 citrus trees - and always mowing!
Volunteering, travel, family, other interests. Lots of stuff.
See question 1.
Volunteering
Secondary teacher and public servant.
I choose my days activities and include a 6km walk most days.
Exercise, travel (Bought a caravan and 4wd and spend a lot of time off grid along the WA coastline).Building our new home.
Community work, Hobbies, domestic duties,exercise, socialising. Travel was inhibited by lock downs, but ther will be time enough for that in the future.
Physical activities like cycling, walking, gym and golf.Travel(when we can!) charity work and family activities.
Scuba diving, kayaking, beach, fitness photography investing
Babysitting Bridge I used to go to the Gym at least 3 days a week but that has stopped due to Covid
Mainly sport activities, Tennis (twice weekly), golf (twice weekly), travel in camper and prep for trips, reading, some mmountain biking activities locally, plus property maintenance.
Managing our SMSF. Playing golf. Travel. Family.
Managing share portfolio
Gardening, bushwalking, travel, family, investing, photography
Social exercise and golf plus some volunteer work
Initially travel around Australia in our caravan for 2 years then planning overseas travel until covid hit. Now mainly home maintenance, catching up with friends and easing into more recreational activities including as U3A, Probus etc
Basically doing what I want to do.
House duties, Gardening, Bicycle riding.
Family; SMSF; other investments; recording ATO-required data; helping still-at-work wife; voluntary work; doing what my secretary used to do.
Catching up on "self promised" to do list. More travelling, more fishing, more leisure time in general.
As aTax Accountant
Keeping up fitness in gym & pool to ameliorate arthritis issues
Finding small local groups to connect with and socialise, eg walking group, book club group
Reading, boating, caring for disabled wife, travel.
I look after my granddaughter for 2+ days a week. I spend at least part of 3 days a week at our Buddhist Meditation Centre. I play computer games. I do yoga and meditation every morning for an hour. I occasionally play golf. I cook. I manage my SMSF investments in the share market.
Family involvement, travel, socialising, volunteering and membership of a choir
Volunteer services as a facilitator for a workshop for retirees and those planning to retire! Cycling, golf and grandpa duties.
Hobbies ; gardening, fishing.
Together at home, cooking, messing about on boats travel in Australia

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Tax and super academic and practitioner
Playing bridge, Looking after grandchildren, volunteer work
I am getting back to hobbies I've had little time for. Chess and soon piano again and hopefully tennis .
Help family and doing projects around house
share market and related activities. agms and business presentations investment groups and recreation. Spend 5 months overseas
Golf, one day looking after grandkids, reading, more time with my wife, holidays etc
Cleaning, cooking, gardening, shopping, Doctors, shopping, TV.
travelling, volunteering, trying to keep fit, doing a bit of reading, sudoko's, taking on electronic projects I did not seem to have the time for. Learning new skills including starting up my own SMSF. Hanging out with like minded people. Completing house renovations, a bit of gardening. Doing pretty much what ever my wife and I want to do....
walking, cycling, looking after grandchildren, domestic and overseas travel, gardening and house maintenance
Mainly leisure activities, travel, fitness, epicurean pursuits, etc
Maintenance. Our house, car etc, then childrens assets. Our daughters partner left her with 3 children aged 1, 3, and 5, and we have been heavily involved in supporting her so she can continue employment. Breakfasts, school drop offs, kindy, pick ups etc, as well as an increase in maintenance at her house.
Directorships, Volunteering, Health, Family, Travelling
Too much time spent looking at markets trying to work out how & where to invest
trading ASX, environmental volunteering, gardening, badminton, exercise, social life. I wonder where the time goes
Family, finances, fitness, reading, and building a new house. Looking forward to travelling more.
Hobby, (Early radio restoration) Installation and maintenance of church AV System. Expansion of landscape. As author for WHO publication. As convenor and designer of two international conferences (India and Trinidad & Tobago) Playing croquet.
Gardening until darkness falls, travelling and endeavour to head north for portion of the winter, swimming and walking, having visitors stay as long as they like, volunteer at local hospital, assist a friend less able than myself and having my 9yo grand-daughter share her school holidays with me, the love of my life.
exercise, travel, lunch with friends
being lazy, pissed off and grumpy. thankful I did not listen to a financial advisor although it cost me \$3,700 to find out he had his own agenda.
Exercise, golf or recovering from operations!
Leisurely doing crosswords, etc. Puttering around the house. Volunteer work.
Reading, working in the garden, volunteering around the retirement village, walking.
I now play my guitar far more and have become a somewhat regular street musician (busker) in my area. I exercise most days I don't work which means 4-5 sessions a week. I surf more ,I'm getting renovations done to the house that have been planned for years. Oh yes and in my spare time I watch the footy and enjoy a bourbon.
Tertiary studies, grandchildren, regaining fitness, sport
self employed manual and intellectual labour
I very much enjoyed my job & the people I worked with. We kept the lights on in NSW.
Yachting, tennis, clay target shooting, historical society interests
Property maintenance to stay fit
Cycling, gym, tennis. Walking the dog. Reading. A lot of on line reading on what the market is doing and overseas news. Coffee out with friends. Digitising my large slide collection. Spending time with kids and grandkids.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Mostly hospitals and caring for our disabled son
Writing fiction, minding my grandchildren and volunteering in my community
see answer to point 1 above plus i mentor some businesses
Hobbies: Investing, Computers, Piano
Financial education & managing finances.
I worked as a financial manager for a Steel co. For about 4 years
Reading Facebook, emails and reading news articles. Gardening, and volunteering.
Travel, spending time with friends, exercise and child minding
Between a farm and family
Hobbies
I have a 72ha remote bush property to look after, there are not enough hours in the day. I don't know how I managed before I retired. It's wonderful to have the time to get to know the animals and plants and be able to plan properly rather than rushing.
Working on investment portfolio. Reading. Volunteering. Planning travel and finally getting to go overseas. Changed structure of business to more passive but paperwork still needs to be done but in much reduced quantities. Spending quality time with spouse and making time for friends and family.
Walking, reading, diy, gardening and looking after our animals.
Walk for an hour or so each morning. Check my share portfolio, Maintenance on my boats, Fishing and boating.
doing surveys .. 😊
Running a SMSF, renovating properties, indulging my interests in motor vehicles, travel, gardening and the like
G, travel. golf, cooking, reading, Gym
management duties including meetings, research, writing reports, responding to endless emails and managing 50 staff
Fishing, exercising, talking, and drinking coffee.
Hobbies ; reading and studying , painting , hiking ,
Reading, computer games, travel.
Spending more time on interests
Probus club President Mens' shed Golf, walking Voluntary board work Investments Socialising Travelling
As above, gardening, following share market, managing super fund.
own business
Travel, Grandchildren, Volunteering and relaxing at home
Managing affairs but with more leisure time
Volunteering and minding grand kids
Volunteering, baby-sitting, relaxing
Potter round the house, paint, garden etc in the morning. Swim and a walk in the afternoon. Golf 3 days or so.
Professional Firefighter
Keeping fit & lose weight. Learn new cooking skills.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I take more time on everyday activities and I spend a lot more time on the internet looking at anything that interests me and planning holidays. I also spend more time ensuring that I get good value from the money I spend.
Golf. Gym, Grandchildren. Children. Renovations. TAFE course in horticulture. Volunteering.
Looking after health, riding motorcycles, travel, voluntary work
Exercise, running and riding. Reading. Coffee and walking with wife
Reading, programming (financial monitoring software), art (paint pictures), computer games..
walking, computer/social media, chores, voluntary work
Played a lot of golf. Had positions on resident committees in the village. Managed (unpaid) my initial body corporate residence after retirement.
Expanding cooking skills, more exercise, some travel.
With grand kids, friends, walking, golf, reading, traveling Australia with some overseas travel.
bridge gardening travelling
staying fit , learning a language , reading , volunteering , travelling [ well not the last 2 years !! ] household shopping , chores around the house and garden , family involvement , loving my dog [ full time job ] ,
Fishing, gardening, baking, 4wd trips, grandparent duties, home maintenance, sharing activities with friends, exercising.
Read, relax, swim, think, manage investments
Charity work
More involved in family things and stuff to be done around the house. Try to catch up on all the books, movies, music-listening that I never got around to while working.
managing my super (which I enjoy), volunteering, social activities, travel.
With family
Volunteering, catching up with friends that I have not given the attention they deserved and travelling.
Gardening (have a half acre property); playing golf twice a week; travel; cooking more; spending more time helping the kids out. It's pretty easy to fill in time. I don't ask myself what will I do today? Rather it is what of this list of things will I do today?
Helping family. Renovating son's house
Volunteering in areas that have always been of interest, learning another language, gardening being almost self sufficient food wise, before Covid travelling overseas, reading, regular exercise and socialising with friends
volunteer learn and instrument, movies, netflix, youtube courses, walking, golf , lunch, exhibitions shows books and caring and advocacy, social justice, philanthropy, self education, library, travel, gardening, recycling furniture, spiritual practice, supporting local sporting clubs, lunch, cooking, sleeping in, getting up early, reflecting, investing, reading up on companies and looking at new ideas, jioning th crouquet club, taking my mother to lunch. wordle and jigsaws
?? don't know but days full, coffee out exercising hobbies
I have the privilege of exercising both in the water and on a bike and spending time with children and grandchildren. I also volunteer at a community radio station and then involved in a church community
Sport (golf, bowls), travelling, new hobbies, daily walking, volunteer work
Recreation (golf), motorcycling with wife; travel with wife; supporting four children's family logistics/ houses ; managing investment portfolio.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Fairly flat out and of course valued free-time when would spend weekends at Holiday home.
Busy with social groups, traveling, visiting family (children & grandchildren). Basically doing what I want.
Household duties, home improvements, gardening, travel (pre-COVID), more time on hobbies
Taking on enjoyable challenges (like the market). Work on our hobby farm - always busy! Investigating new subjects and interests.
When I had a job, I was quite busy with work things
Much the same as now, albeit I have lots more time to do things around the home like maintenance, longer trips away without timelines, and more time to relax and smell the roses.
Initially looking after grand kids until they reached school age. Researching investments in SMSF. Voluntary work one day a week. Participation in sporting activities to maintain fitness and for social interaction. Holidaying in caravan with my wife.
Running the house takes longer, shopping etc takes longer and tires me more quickly, I exercise at more realistic hours, help a friend by driving the children to training and sport activities, and spend the evening phoning UK to talk with my daughters and grandchildren. I involve in some Local Council activities and meetings, attend study groups and Church and occasionally watch TV.
playing bridge and golf, walking dogs on beach, reading and tv, including sport
garden, lunches, extra assistance to family
volunteering - Lifeline plus strata committees and helping friends and family doing accounts and finance for several entities pets garden and hands on construction travel walking, cycling, kayaking, boating, swimming
Volunteer work
Home work/gardening, touring, exercise, grandkids
Ageing parents living 500kms away plus inlaws slightly closer took up and still take an amount of time organising from a distance and providing regular care at their home. One point I regret was not ensuring they could use email and smart phone before some loss of cognitive ability and dexterity.
Family, volunteer, hobby
IT & finance professional
See No 1. Full time farmer, developing and planting a commercial nut grove.
GM of multi million \$ business (not mine)
Many things! Recreation, travel (pre Covid). In the first 6-8 years some paid work.
More exercise, reading and work in garden and around the house
Community activity, cycling, helping family and friend, house work and maintenance, reading. holidays
Reading, walking, kayaking, fishing, dining out, spending time with family, following the stock market.. Occasionally thinking of creating a new small business. Yeah, nah!
Own corporate advisory firm having previously worked at large and medium investment banks.
Playing sport, gardening, art, volunteer for charity and travel
IT (Sales & Finance)
hobby farm work , walks and trying to get more trips away
Voluntary work, gym, golf, travelling (pre and post Covid), quality family time
Trekking, camping, globe-trotting, opera, concerts, books, family development, investments, politics, societal changes, bridge, golf, providing financial guidance and advice to family and friends.
Cycling, art, photography, travelling overseas, caravanning, swimming, relaxing.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

For the first hour of the day, before the ASX opens, I read financial news, such as Morningstar. The rest of the time is spent writing, either fiction, or blog posts.
cardio and weights exercise group, socialising with friends, part time work, some travel which is limited by that work and hobbies like working on auto-biography and being in a writers group
Working on house, boat, cars. Volunteer work. Longer holidays.
Gardening, catching up with friends, small renovation jobs around the house, help out the kids. Definitely not bored.
Bike riding, dog walking, gardening, car maintenance, shopping, managing rental properties, travel.
I work 2 days a week, when we are not busy or travelling.
Following market trends Travelling, going out walking exercise etc.
Assisted by a reasonable redundancy payment and a wife who still works,I now volunteer quite a large amount of time to causes I care about. I was also able to help care for a parent in aged care/ with dementia until her death and then to assist in administering her estate. I am also able to regularly exercise (cycle, gym) and so believe my health has probably improved since retiring.
Accountant in industry
Helping out with jobs maintaing our own house and our children's houses. Assisting and caring for sick family members. Travelling.
I fit in regular exercise time - walking, gym classes, swimming, yoga etc and time with friends for coffee/ lunches etc. U3A in ACT is excellent for anything educational which interests me. Theatre, live music - classical and world music, movies which all needs to be planned - I almost need a social co-ordinator!
Social life within our community, mostly free resources beyond catering needs and small entertainment costs. Can attend cheap theatre shows but mostly they are too costly so money is better spent otherwise. Pre-covid cruising.
Some voluntary community activities. Meeting friends. Just enjoying sitting in a coffee shop reading a book. Food shopping in small places..not supermarkets . Some paid exam supervision where i enjoy interaction with students and just go jome when i finish.
Playing golf, going sailing, playing bridge, enjoying holidays - all with good friends.
Art, hiking, walks, long coffees with friends, helping family, volunteering
Caravan touring on a regular basis
As a CFO of major company, left home at 7 , back home at 7 full of stress. Satisfying job but tough.
Travel, hobbies, decluttering, looking after grand children
I am spending my time in retirement catching up on 30 years of maintenance on my (now fully owned) house.. All those small household maintenance tasks that I put into the ' I will do that when I retire' box. I estimate this could take up to 15 years.
Fitness, health, walking, friends, travel, photography, reading, chilling out. Share investment. Property investment.
Leisure, volunteering, sport and now covid over travelling. Also keeping tabs on my investment income!
Hobbies, working in the garden, travel, taking it easy. Don't know how I used to have time to work.
Built a new house. Plenty of projects to fill my time.
have part time work - 10 hours doing something I love. Rest of time is music making / charity work / fitness
Any way I like.....for example : I read books for pleasure now , not just to keep "up to date to meet some mandatory professional

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

knowledge requirements" .....Likewise : Sport , Gardening , "napping" and anything else that takes my fancy !
I joined a local Friends of Parks group and the local Mens Shed, plus I took up some study to expand my knowledge of the share market and am now a moderately successful trader
Playing bridge, walking, cooking, gardening, bird watching, travelling, socialising with friends, family history research..
Hobbies, more travel and time with family and friends
Walking , meeting up for coffee. Little projects at home. Grandkids. Some travel
More time for hobbies and catching up with friends and family
Playing sport, looking after grandchildren, volunteering
Socialising with mates I went to school with and played football with ( I organise the lunches), socialise with new friends made at the gym and pool, camping, guided bush walks, various sporting activities. Also read lots of books (mainly about history & politics) which I did not have time to do when working.
Mens Shed, Rotary, Donations In Kind, managing a SMSF, investing and Airport volunteer.
Art, music, guitar, gardening, cycling
Exercise and staying well is my work coupled with socialising. Each weekday morning I do a different exercise with a different social group. Fitness for body and mind. Each week day afternoon I do life admin and have a weekly guitar lesson so need to practice. Once a week I practice with a friend which is fun.
Sport - golf Visiting grandchildren Hobby
reading and house work
Walking, cycling. swimming, renovating a home
Volunteer for retirees organisation, travel, home improvements
Jobs around the house, grandies, helping my kids with their tasks, some short travel.
Mostly work around home, some outside swimming and exercise at local pool & gym. Travel both overseas and Australia. Assisting our 3 children and their kids with home improvements and baby sitting. Some volunteer work with local tennis club and local charities.
I have researched and written an extensive Family History. I have spent a lot of time doing woodwork and building furniture I have written a number of short stories I am currently researching and writing a hypothesis on the form of the universe I spent some time assisting my son with software testing for his IT start-up company I designed 3 office fitouts (pro-bono) for charity organisations
Cycling, downsizing home, travelling, more casual walking.....
Being extremely active, volunteering, sports, golf pickle ball, travel.
Some on our SMSF, some on a business we owned, some on my wife and I visiting family interstate , some in Covid lockdown, some on original research, some on watching drama miniseries with my wife, and gardening, shopping etc.
Sailing, Bush Walking, Squash, Tennis, Theatre, Holidays, Cycling, Helping the kids
Planning and undertaking travel pre covid.
The male partner has focused on financial health and worked hard to learn and apply investing. Wife has focused more on developing hobbies and pastimes. Travel focus for about last 20 years is declining which is leaving a bit too much spare capacity at the moment. Mid 70s and health issues are certainly taking up time. But this is to be expected.
Golf swimming meeting friends, regular lunches, travel
Reading, garden, travel, renovations.
Full time office manager of a transport company.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Voluntary work
Investment research, physical exercise, various civic roles, reading.
I walk 35 to 40 km around golf courses each week. I do it for the exercise and the company. I enjoy reading all the books i didn't have time or was too tired to read while working. I worked away from home a lot so there are many things i have on the list to do about the house. My wife and I spend more time together. Prior to Covid we travelled o/seas or cruise once a year
Maintenance of a 20acre lifestyle property, golf, investments, coffee with friends, travel, thinking time.
some sport as in cycling and walking but my body is letting me down. I used to travel solo internationally but I am getting too old.
Started new hobby of paining/ sketching that I never had time to spend on. Also picked up many of my other house/ family oriented home projects that were planned but never completed.
Mainly at home
Doing whatever needs doing or planned activities.
Running and improving a hobby farm
Traveling, reading, family time, volunteering
Walking & exercise to maintain health, caring for an aged parent, hobbies neglected due to paid work pre neglected retirement
Each day varies depending on what is organised as well as family commitments. Exercise, socialising, monitoring and managing our investments plus leisure travel and some sport are the priorities. Oh, and being a home owner, there are always items to do around the house and garden.
Started writing novels and poetry well before retirement. Continuing that plus now playing bowls, pilates, snooker etc
Research & run our DIY Super Fund - Maintain our home & Rental properties = Holidays etc
walking, bushwalking, yoga, tennis, reading, watching Bloomberg too much
A mixture of home activities, travel, health care and strengthening connections to family[dispersed around Australia] and extended family and long term friends [Australia and NZ]
Friends, family. Travel and golf high on the list
Mainly as carer for parent.
See above. Eg family time, sailing, boat maintenance, volunteer work, travel home and abroad, reading, socialising
Helping my children and grandchildren. Volunteer work.
As I wish, ie reading, exercising, going to events, going out, catching up with friends, walking the dog, enjoying the sunshine, travel etc.
25 acres fills your day
Keen gardener. Walking a lot. Volunteering.
Gardening Caring for grandchildren Internet.....reading blogs
Socialize more - can do it during the day and midweek too Support my neighbors with shopping and company Read more, exercise more, enjoy the lack of stress
Travel, planning travel, coffee breakfast lunch dinner networking old colleagues, long term friends and new people from travel experiences, managing property investments
A lot more leisurely! Occasional lunch catch ups with friends, exercise, focus on health etc
Family, sailing, travel, share trading, long lunches with friends
Volunteering, restoring cars and motorcycles, travel

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Hobbies and Looking after an elderly neighbour
Volunteering; going to the gym; household chores and shopping during off peak times. Reading;going to movies; travelling.
Tinkering with motorcycles and some volunteering work.
recreation, socialising, sport, home maintenance, help children, help grandchildren
Doctors,walking,family ,grandkids,friends and assisting people.
Took on property development initially.
Travelling, spending time with family & friends. Gardening, craft projects. Golf, walking. Keeping active
hobbies, helping others, walking the dog
Walking, knitting, gardening, longer travelling, cultivating new friends, keeping up with old ones including selected ex work colleagues
Part-time work. More exercise. More time for cooking and housework as wife still working. Some extra travel although covid didn't help
Not doing much
Partly in the voluntary workforce therefore largely unrecognised. More time for gardening, which i enjoy
Not enough time to meet all my interests. Loved trying all the hobbies I had planned until settling on just a couple. New York Times is a daily interest - great articles, excellent journalism, wide range of topics to start the day. Gardening - something I did not do until retirement. Keeping fit.
Volunteering at local family history group 2 days/week, baby-sitting grandchild 2 days/week, gardening, quilt-making, reading, sewing generally, family history research
Volunteer activities such as helping the aged with their gardens, bushcare, meals on wheels and coaching childrens' cricket and soccer. I also like to keep fit, exercising daily. Finally I read a lot; finance, current affairs and novels.
RV holidays, lawn bowls, motor bike coffee runs, sailing radio controlled yachts
Homeostasis and Autodidactic Opsimath focus.
Travelling intrastate, interstate and overseas. Internationally I'd work from 7am to late evenings. For example, when I worked in Auckland or Blenheim I'd be on NZ Time from 7am, then Australian time from 9am and then European time from about 4pm to 10pm.
Golf, travel reading and more time helping with adult and married children.
Studying investments, managing SMSF, playing sport, playing guitar, walking dogs, jobs around the house, more time at beach house (and more work around the house), overseas trips (2 this year). No challenge to spend the days not working.
Aim to do as much as I can after getting up at 10am and back to bed before 11pm
playing sport and associated socializing
Bank Employee
Part time work (from home), gardening and (post COVID), some domestic travel
Maintaining my acreage, fishing, walking, going to the gym, coffee with friends, travel. It's a tough life but someone has to do it.
Golf travelling helping with grand children volunteering
Always occupied, either at home or on holidays. Do a lot more outdoor activities - walking. COVID has limited what I would have liked to do, but took up an interest in learning to play the piano.
I have an acreage and a large workshop. Also travel and in general doing what I want when I want.
Golf Travel
Having a great time reading, travelling, seeing a lot of music gigs and movies, doing whatever I like.
Hobbies (bridge), Exercise, Travel, Lunch or coffee with friends, Look after and help with grandkids, Laze around

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I dance 3 or 4 times a week (day and evening), do gardening for people for cash, (and some voluntary gardening for an organisation) walk the dog etc. Also visit mother in aged care...
Voluntary work, travel, sport appropriate to age, electric bike riding on the many bike paths in the state.
Volunteer work and increased household activities. More regular holidays.
Cycling 5 or 6 days per week. Maintaining our property. Travelling. Enjoying life
Doing anything I want....
Monitoring investments, exercise, hobbies, reading, travel.
Attending medical appointments for my wife and I, managing our own finances, we have a self managed SuperFund which is the major source of income, some tennis, managing the garden, doing a much larger share of housework, doing some writing, keeping in touch with friends. No shortage of things to do
Research, reading, leisure activities, walking and more time in bed.
Golf. Motorbike rides. Garden. Chickens. Repairs n maintenance (including to my body/health)
Taking longer to do basic tasks
Some travel, Involvement with family and grandkids, Leisure, Home maintenance and gardening
Some part time paid work Household activities (gardening, repairs, etc) Leisure (reading, movies)
I joined Rotary, I coordinated Social tennis two days a week and played three days a week. Then I left Rotary and joined the SES. Continued to travel but did so in WA while the border was shut and then in Australia once the border opened.
Travel, work around house, help elderly parents, help children & learn more on computer & other technology.
Reading, walking, gardening, house projects and maintenance, some travel
Limited sport and Leisure between work priorities and deadlines
Travel,time with family ,gardening and bushwalking
Heavily involved in a charity; Overseas travel Personal recreation activities
at home and travelling
Volunteer "work"
Walking
More exercise (Gym, Road/Mountain bike riding, swimming, long beach walks etc), more time to read books/newspapers etc, visiting my elderly parents and other family more often.
Gardening, reading, grandchildren, church things
I write. I have written a memoir which I have submitted to a publisher. I will also write a book version of my PhD (2012-2020). I have three play projects of my own which I am pursuing collaboratively. I have just planted a new lawn (Richard Dennis, 'Affluenza', would think it a damaging idea.) I read a lot. I continue to drive my wife around. We visit family (4 kids and their kids) but no more than before.
volunteering, watching YouTube.
Volunteering, playing tennis, spending a lot more time with friends, walking, travelling, reading a lot more.
It is important to keep busy in retirement. after 25yrs retirement we moved to an over 50's complex which is very similar to a resort with all the quality facilities. This move enabled us to extend the number of people we call friends, we have outings with this new group. I spend time working on my investments and administration of our SMSF, I spend time in photographing birds and other scenery. I learnt to play the Ukelele. We have travelled around Australia twice and a number of overseas trips to UK, Canada, Alaska, USA, Thailand where we previously lived, Indonesia, Malaya, Japan, Hong Kong, Korea, Singapore, Phillipines. We have also made a couple of trips into Arnhem land. Also play golf and in addition to recreational activities we spend time on medical issues that have raised their head in the last few years.
Some travel, Grandchildren, more home time.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

With friends, hobbies, gardening, travel. Doing more reading.
Relaxing at home, seeing friends and looking forward to overseas trips again
Looking after grandchildren, gardening and golf
I exercise daily, I have joined in team sport. More time to spend with friends and family and have the freedom of flexibility and can do these things during the day. I have more time for social activities and outing and have more peace and calm in my life and more time to get the things I need to get done quicker with the time now available to me.
Managing my SMSF, managing my strata, various short courses, travel and attending more cultural events.
Acquired a border collie puppy and spend average 2.5 hours per day exercising it. Joined a gym and got 10 yrs fitter. Renovated house in preparation for downsizing. Building a smaller dwelling as our forever after home.
Sailing, golf, bike riding, holidays and more time managing share portfolio
Self employed in the advertising industry
Filling in surveys!! charity work, travel (when not locked down), managing investments, reading
mooching, golf, playing with our SMSF
Cycling, swimming,going to cafes, drinking wine, eating out,looking after grandkids, reading the books I didn't have time to read before.
Travel. Culture. Cycling. Golf. Reading. Watching sport. Cinema.
I have several hobbies - orchid growing, gardening, walking the dog and socialising with other dog walkers,have a small pet sitting hobby where I go to people's home and look after their pets when they go away for a small fee. We also go travelling to markets and festivals around our area which are numerous.
Hobbies, projects, holidays and family.
Sale of investment properties Golfing Management of Shares Portfolio Back up baby sitting Travel (Australia and Overseas) At holiday house Various small renovation and repair projects Exercising (running and cycling) Management of investment property Reading
A lot more time wasted on this computer machine. I am a bit slower physically as I was 72 years old when I retired
travelling, gardening, exercise and playing bridge
Part time
Catching up on all the things I had put off in the lads 40 yes.
A bit slower mornings reading the news, winter running in mid-mornings after the temperature has climbed above zero, pottering around the garden, going to the markets during the day, spending some late afternoons taking longer to make a more complex dinner ...
Looking after grandchildren and some day trips
Gardening, investment, volunteering, fishing, family, including my Grand-Dogs and travelling
Who knows
Hobbies/companion animals/family/quiet time (for reflection!)
Have a hobby farm
Cycling, gym, walking, reading, cooking and travel primarily.
IT developer highly skilled

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Staying active - cycle and golf 3 x a week each, gym and squash x 2 a week each. Wife and I travel 3-4 months of the year visiting family and friends and attending events, , attend weekly share club/investor meetings, attend rugby matches etc...
Relaxing basically. Spending time gardening, reading, exercising and getting together with friends.
New property with rural features now a full time job. Not a business just a conservation focus.
I've written two books. I get outside and move a lot (hiking especially).
Pottering
50-55 Hours per week
Marketing & PR.
Part Time consulting. Self management of investments. Working on attributes of the golf game back to where they should be. Plan to travel more now albeit not a rush to do so.
Cycling, walking, cooking...
Volunteering. Catching up with grandchildren
Voluntary wor
Looking after my investments.
Live on an acre - 25% of time dedicated to nice gardens and fruit trees; 25% on motor vehicle hobbies - I maintain all the cars; travel OS twice a year (sans COVID!) and 4 times 'local' in Aussie and NZ; members of many clubs which take up to 4 full days per month; I am the full time manager of house finances and taxation - a significant load because of the range of investments and Super we own; and I keep fit - ParkRun on Saturdays, and 2-3 long walk/runs per week with like minded friends.
charitable work, Travel. Grandchildren
Managing SMSF and babysitting
Travel, Exercise, social interaction with family and friends, pro bono mentoring, music, care for elderly parent and maintain property
french lessons, hobbies, cultural activities, volunteering, blogging, travel.
Travel, visiting families, making new social contacts, taking new activities, volunteering, sleep more and better, doing nothing when desired.
Investment management, helping others, travel and grandchildren.
Probably had a tighter time schedule and was more organized as time was precious.
Exercise, reading and some volunteering. Exercise a combination of yoga, Pilates, weights and cycling.
Consulting, stock investing, cruising, hiking, kayaking, snowmobiling, dining out, gardening, living, nfp work
hobbies gardening I never have nothing to do keep active
Study work part-time as a volunteer do other volunteer tasks grand children travel
Travelling, catching up with other friends who are retired, pottering around the garden, cycling, rowing, dinners and lunches.
Exercise, travel in a caravan, friends, naps, reading.
Walk for an hour in the morning, exercise in the afternoon. Read both fiction and non-fiction, learning computer language, taken up woodturning.
browsing the internet, reading, TV
Playing, Bowls, volunteering, bush walking, gym, reading, travelling, looking after grandchildren
Travel overseas and within Australia until covid put a stop to such frivolous activity. Renovated 2 properties selling the first to move to regional Victoria. Catching up on lost time with my wife during my years of

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

excessive travel as an executive. Helping our son with his yard and now busy improving our new place. Relaxing with a book, magazine, searching YouTube for 'how to do' hints
initially unpaid field work in parnters business plus family child minding, last 10 years travelling interspaced with golf, tennis etc when at home. Music festivals when possible
renovations, gardening, travel
Owned business
health worker
U3A Increasing fitness Gardening Home maintenance
Managing my hobbies and health
Going to lunch, playing on yacht, volunteering
Where do you begin, beach, surfing, gym,coffee with mates every morning then house hold maintenance in the afternoon and attending to grandchildren.
SMSF and share market investing. This has been fun.
Recovering from cancer treatment.
New hobbies such as learning languages, cooking more elaborate meals, and sleeping in!
Journalist
Travel, golf, looking after Brandie's
Gardening, cycling and volunteering to support my small rural community in various ways.
Grandkids, exercise, friends, sport, cars and motorbikes, reading, gardening
Several hours a day running a small cattle farm purchased for a better environment than the city and to have an ongoing retirement project.
More classical concerts A little more work around the house More games of bridge More cinema
Mentoring former colleagues; studying for new skills; setting up a new home; spending time on interests and hobbies and just relaxing!
sales representative
I have several interests Golf Club membership. Membership at the WACA (cricket), learning groups, Catching up with friends, genealogy, gardening (big house). Used to volunteer but found I could no longer spare the time, plus slowing down.
Golf, walking the dogs, travelling and enjoying home based activities including running my SMSF
Walking dog 2 times, gym 5 days, decluttering, medical appointments, internet newsletters, preparing house for sale,
Painting the house gardening managing SMSF swimming
Grandchildren, Recreation, and volunteer work
Mainly helping others but with some time on travel
Less productively.
Pottering about , bits of paid work where and there. Involuntary retirements coincided with the arrival of Covid and activity constrained by effects of lockdowns, travel restrictions etc

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Travel, sports
House chore in the morning,my time in the afternoon
Home renovation/management, volunteer roles
Travelling overseas, caravanning, aged-care visits, helping family, pottering around in workshop .... now don't know where I found the time to work.
Reading
Investing, reading financial data and novels, tennis, walking, swimming, travelling, entertaining.
As a widower I have to rely on outside help to offset loneliness. The Gov. help generally is not available in rural areas. My Aged Care has severed health care , transport and the like with far too many rules{ many of which are made-up} by bureaucrats feathering their own nests.
Volunteer work, studying intellectual interests, sporting activities, gardening, home renovation, holidaying and other recreational activities. Also I keep an eye on financial trends, the area in which I previously worked.
Volunteering, bike riding, gardening and some online research and website building
I had my own business (professional services firm) which I sold and then remained in a consultant capacity gradually reducing the number of days I worked.
Before Covid, lots of traveling, mainly overseas catching up with friends & family plus lots of golf. More recently home - large detached house so no hardship. Run our SMSF, reading, bridge.
Researching self funding share investments.More time with partner and internet applications( but limited!)
Lots of sport - daily. Travel a few months of the year. Keep the "brain" engaged in areas that interest me - reading, projects etc.
Exercise, play sports, learn new areas of life balance.
In fact super savings and investments hold my interest, and family being close by
Grand children minding, gym, cycling, motorcycles, learning guitar.
Took up golf, Yoga, walking the dog, going to the movies
More time fo hobbies. My pace has slowed down: don't understand anymore how I managed to fit in a full-time job.
Grandchildren, gym, travel, music and study
Volunteer 20 hrs per week, gardening, reading, travelling, catching up with friends and family.
Travelling 6 moths a year Planning travel Playing sport - golf - veterens football (soccer) Managing SMSF
Life = work! I choose to spend my time "working" to maintain and improve my health (physical and mental), my family and friends, my faith, my physical environment (house, garden, neighbourhood) my brain (reading, learning), and my fun (travel, cultural activities, social life etc.) -- and of course managing my SMSF -- "self-managed" does not mean it manages itself!
Rowing daily, sailing weekly, walking with friends most days, travelling, helping my adult children, dining out, entertainment, visiting my very elderly mother in a nursing home 3-4 times a week.
Keeping busy with community service,travel,regular golf,managing my share portfolio(with your help),reading and catching up with friends over lunch.
Hard labour determined by my wife. DIY projects. Exercise programs. Travel within Australia.
Travel (for 3-6 months pa prior to Covid) and planning travel, plus slightly more time visiting family, friends & gardening, & looking after investments. Also time as Chair & MD of a Charity.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Read widely - personally actively manage the share portfolio associated with my SMSF - helping out with the grandchildren + personal fitness & health.
exercise, reading, socialising, studying new subjects (I've gone back to uni 40 years after leaving it the first time)
Reading and walking and participate in domestic duties
Supporting wife in work and children, voluntary work
Retired in Dec 2019 so plans for travel were crashed. So I have only known retirement during Covid. Joined golf club, downsized to smaller house and renovated new house. A lot of time spent on share investing for SMSF etc
Golfing, cycling, working on the house and large garden
Volunteering, care for grandchildren, managing investments, exercise and sport
Volunteer with a "sailing for disabled children" organisation Regular attendance at the local Mens Shed, current interest is Glass Fusion artwork.
voluntary
Being creative, continuing to learn new skills, exercising and eating healthy. Refining my philosophy on life. Being useful to family and friends.
Gardening house keeping cooking socializing age is a factor you get slower takes longer days go by quickly
Investing reading travel music exercise study
Not much - golf, cycling, but more leisurely than previously & home maintenance
exercising
Travel and golf. S me organised through Probus.
Living slower but doing lots of the same things I did previously. Travel, helping others, reading, managing my investments, getting fit and personal projects. I now have more time for these activities as I previously worked over 50 hours per week.
I had a very high pressure, high expectation role in financial services industry (risk management). Weekends were just a chance to take a break from the day to day. Didn't get much done and no spare time.
Volunteering, travelling (until my partner's ill health precluded this), growing vegetables, further study for pure interest. Family caring responsibilities
Volunteering, travel, watching movies, cooking and soaking in hot springs.
Maintaining/ superficially renovating house/ garden and 2 caravans. Learning new skills to avoid paying tradesmen. Cycling and maintaining 5 bicycles. Looking after affairs of elderly parents Occasional local trips with van and bicycle/ kayak.
Investment portfolio, golf, taking care of house for partner that is still working
However we want! Do things at our own pace, when we want. Gardening (pottering), cycling, reading, some volunteering.
jobs around the house - maintain a few gardens for a couple of elderly friends more time in the fruit and vege garden , more time in the shed
Gardening, volunteering for environmental causes, reviewing investments and baby-sitting grandchildren
Volunteering. Finally found good roles
30% on rural property 70% at home doing odds and ends, spouse still working
side hustle - ice cream van :-)
farmer so still work if wanted.
Reading, doing jobs around the home that i didn't have time for before, caring for grandson, going out to cafes,visiting adult children, doing nothing
Reading occupies a large amount of that time - also an interest in photography. All very simple really.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

managing my SMSF; fitness... swimming, walking, golf; studying online/reading, house maintenance/painting; holidays
strong interest investing in sharemarket, daily exercise
Go to the gym/cafes/restaurants/cycle/theatre/cinema/picnics/travel/meet friends/spend time with grandchildren.
Gradual withdrawal from business over last couple of years but previously full on for most of my life.
Clearing possessions to enable downsizing
keeping on top of our SMSF; time to do more research on various topics; flexibility in the day to exercise
daily walks, learning languages, playing more sport. more reading time
Bridge, Chess, Gardening
Reading, investing, volunteering, time with family, travel, watching sport
Golf and gardening
Caring for a disabled daughter and leading a quiet and enjoyable life.
More time cooking, exercising, and quite a bit more time "catching up" with chums going through the same phase
I am actively involved in a range of activities for the Anglican Church. I meet with mates regularly (very important). We look after grandchildren regularly. We go on various trips: from a few days to some months.
Hobbies. Following the markets.
Active fitness regime, managing finances and family matters
Playing pipe organ, guitar, garden, study, church, grandchildren, my wife, the house, hobbies etc.
Volunteer work, golf, cycling, writing and now, travel.
Now have a small hobby farm and am making wine and extra virgin olive oil
Holidays, working around the home, Investing(SMSF) more time with family and friends
Walking with my husband, walking with my dogs, reading, watching a movie everyday. Some bushwalking, skiing
At the moment, fixing up the house and dealing with various hobbies. Once the house is "fixed" who knows?
Share investing, volunteer work, gardening, travel, family time, walking the dog.
More to do than I have time.

#### Q4 What are the best aspects of retirement?

Flexibility to do what you want when you want (subject to family commitments). Not spending 2hrs a day travelling to/from work. Don't need to keep a "boss" (other than spouse) happy.
time is now my friend. Enjoy not having to think for others
Control of time. Travel. Hobbies. Golf.
Less stress ..lost 30kgs
Having time, not having to be told what to do by an incompetent team leader
Largely independent from the now ideological partisan political system
You are not obligated to do anything for anyone else other than what you choose to do.
Freedom to program; relationships- family, mates; fitter; time for reading/research; great wife.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

No pressure, no continual problems issues etc, no continual justifications, no study ( continua; professional deveopment)
Absence of work stress
to do as I wish if I wish.
More flexibility to do what I'd like to do and when.
Flexibility
You do not need to work
Time to do anything I want, within reason and budget.
More flexibility and freedom to do things.
Freedom to choose daily activities
The freedom to engage in many interesting pursuits.
freedom . not having to do stuff i dont want to do or dont agree with .
Free time
Do your own thing.
No rigid time constraints.
Versatility.
The absence of need to attend to work and it's associated stresses.
Freedom of time, energy and less stress
Travel, gardening, Mens Shed, family
Slower pace focused on family
No time or workplace pressures
No tax, no pressure, no being told what to do or what not to do and a said above freedom to make your own choices
See above.
Not having to work for a boss
Not having to answer to a boss, although there is still my wife. Plus not having to clock on and off
Carefree, no longer having to stick to a schedule.
Ability to personally decide where you will spend your time.
Sleeping in in winter, playing golf 2 or 3 times a week, swimming in the pool in summer every day. Camaraderie of the golf club
No time pressure
last minute decisions to see shows or travel etc
freedom
Not having to go to work
The freedom you have with your time
Don't have to join the commuter rat race each day, or do what the boss wants. Direct my own activities.
not waking to an alarm clock
Introspection that is not employment focussed. Feels like I had an imagination budget, and the large part of that used to be spent on work thinking. Now that's so broad!
I had a fairly stressful job.I am now able to enjoy Sunday afternoons for the first time.
Time to take breath
Freedom to do what I feel like doing without the daily stress.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

different kind of work, more physical
Flexible time to do things.
Having time so you're not rushing around. Taking stock of this wonderful country & all it has to offer. Meeting new people & doing some volunteer work to give something back to community.
Spending time with family, kids , grandkids
Not waking up to an alarm clock Working 12 hours plus days
Don't have to go out in bad weather
More free time and no stress
Enjoying life
You are free to come and go without permission, and there is plenty of time to do the reading you never had time for before.
Not having to get up at 6am every day. Time to smell the roses. Time to enjoy my family
Based on \$ can get up and do what your wealth allows
Self determined /directed. Do not entertain silly people.
I don't miss the daily grind....
Freedom to live and spend the 24 hours of a day with general good health both mental & physical. Joy to listen & learn from my children's daily work life instead etc Joy of grandchildren & family Travelling without a lap top or rushing from the office to the airport lounge for more meetings etc Not missing all the different time zones for scheduled zooms etc Feeling grateful that time was very productively spent personally when young to enable this freedom today.
Having a bit of time to think and spending lots of time with my long suffering wife. The other thing is you have time to stay healthy ... doing Pilates , doing hard physical exercise, drinking less booze and eating less.
Healthy & vigorous so far.
You can do what you love without having to think of doing things for making money.
Total time control
Having more time. A relaxed pace to life
Less mental stress
Choice
No timelines or stress to worry about
Don;t wait to do things. Your health can go downhill very quickly.
No pointless meetings or endless emails copied in to everyone.
No work deadlines. Getting up whenever I wish to. Running my own schedule. Having a regular breakfast and lunch break after 45 years
No rush
No pressure. No long days working. No early or late in day plane trips. I have always wanted to play golf regularly.
My wife and I are beholden to no-one. We run our lives as we wish
Not waking up in the morning (or in the middle of the night) wondering what work crisis is going to hit me today.
My wife and I are beholden to no-one. We run our lives as we wish
I'm my own boss. I'm answerable to myself which needs a lot of discipline. I find time to do the gardening, go to the gym, get to meet with my friends more, take in a show now and then.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Not having many fixed appointments and responsibilities. Time to pursue interests not available when working Travelling when you want to.
Being able to travel without being too concerned with things at home
Being able to set you own schedule. Not having to make a daily commute to the city and return in the evening. Travel (when we weren't constrained by Covid). Spending more time with partner and friends.
To be able to feel being useful and contributing to family's needs.
Freedom and choice, but I have to keep myself active. It is far too easy to sit and do nothing, and that will not be good for my body or my mind.
Freedom Travel No stress No financial worries
Not having an employer imposing expectations. Not having to stick to someone else's routine. Freedom to choose
No daily demands as to a work timetable.
Getting out of bed when I feel like it. I can choose what I do most days
Flexible time
Flexibility of your own time
Freedom.
There is only the new CEO aka wife and the new chair of the board aka me. No corporate BS anymore no nightly telephone conferences with o/s suppliers. We just do whatever we want
Getting up later in the morning, especially in winter; not spending hours in traffic; no office politics.
Greater flexibility (most of the paid work I now do can be done when I choose to do it), more relaxed and significantly less stressed, being available, present and not caught up in numerous "trivial" work issues.
Freedom, time.
Not having to put up with people who think they are smarter than they are
Availability for regular exercise.
Choices
The freedom to do what you like when you like
No alarm, no work.
Freedom to spend your days stress free as you choose, to your timetable and inclination.
Reduced stress levels and freedom to choose how to spend my time.
Freedom
Freedom to do as I like, when I like with good friends. I have avoided clubs and formal association except where there are very loose obligations. I wanted to organise or be organised I could have stayed at work.
Walking, bowls, kayaking, gardening, travel. Picnicking, sewing, knitting and generally socialising.
Enjoying what I do
no more commuting, free to take options on visiting friends and family, time to research and investigate expense outlay, able to switch to solar panels to save costs, more widely read on news and articles from both sides of the the political spectrum. More time to review cook new dishes
Time to think properly again. Read both sides of the debate in things that interest me
Freedom of choice - even to sleep in & do absolutely nothing.
Not living by the clock.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Unlimited time
Control my own destiny at my own pace. No 24/7/365 schedule where everything is due yesterday. On tiring ddays I can leave tasks till the morrow. Manana is soon enough.
Flexibility
You can get on with your life,working on the things you really want to
Having time to do things. Avoiding peak hour traffic in Sydney
The freedom to do what you want, when you want.
Later rising
Freedom to choose
Time to do what we want, when we want, where we want, with who we want and how we want and having time for our Super portfolio.
Financial security
Freedom to do what I want
Time with other people , quiet time for mindfulness, freedom
Able to do what you want when you want too, or do nothing for the day. Every day is Saturday/Sunday. Walking for 2 hours each day & loving this wonderful country. Travelling & being with my wife all day. Visiting my children & grandchildren with no time restrictions.
Being with family Skiing
Close to children and grandchildren and having plenty of time to do interesting things
Learning more, enjoy nature and walking a lot, being able to travel where and when to your choosing.
time is not a regimented requirement
Freedom
Outdoor activities in various places with range of people as member of outdoor group.
Other than the days we look after grandkids, then being able to do what you want, when you want is very satisfying
no longer doing shift work
No regular traffic problems to face daily Enabled new lifestyle changes (sailing, golf,travel,local politics) Best of all: more one-to-one time with spouse
I have freedom to spend time on activities that interests me.
Having enough money and time (sometimes!) to help others
Every day another oyster
Blend of 'low impact!' adhoc paid work conducted largely when I want to. Not sure how I'd have gone if I'd just stopped ft work. Just being able to meander or drive or stop a while - having CHOICE is the point.
more time to do the things I like
Being able to do what i like when i like and do nothing if I so choose.
More time for coffee and lunch
freedom to do whatever
Freedom
Do what I want when I want
Living in a very nice environment. Becoming a member of a Rotary Club and, not surprisingly, got heavenly involved.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Less stress, more time to do things I like to do
Freedom. Time to travel.
Everyone the people I have known for years live within their homes and never venture out
Having the freedom to do what I want when I want rather than trying to squeeze it in a schedule.
having time
You govern what you do
Freedom to do what you want when you want to. Best aspect is ability to travel outside of school holidays and weekends when it is quieter, and can book at short notice when the weather is nicer.
Seeing the grandchildren grow up. No work stress.
Flexibility! I was a teacher, there is no flexibility in timing holidays and catching up with friends there!
Doing what I want when I want.
Optionality
No stress , or money worries.
Less stress, lazing about.
Having time to enjoy hobbies and physical activities such as gym, bushwalking
No longer having to be outcome focussed - but it took a while to get used to the feeling of not being deadline driven. Being able to get decent rest and improve other elements of my health. Diet has improved dramatically since I've had more time to think about it and plan my eating better. But the best element is definitely not having to rush all the time
Being able to choose to not do something.
Time to do the things that may have been neglected during my working career
Time to do things could not be done before. Follow interests, including travel within the state.
Doing things when most are working so shopping, touring a little quieter
Freedom to focus on family & friends, without time or worry spent on income.
Freedom to chose how to spend each day
Holiday frequency and flexibility
Not being obliged to confirm to workplace requirements, timetables and norms.
Free time
No angering people
Staying in bed reading news until I feel like getting up. Time to "smell the roses". Time to help children with grandchildren. Time to cook interesting meals.
Not having the daily grind of going to work, not having the stress of work. I worked in finance in Defence and there was constant auditing, regulation and policy changes and a never ending schedule of reporting. Being able to get out of bed a bit later to go on our morning walk, especially through winter.
Time to do what you want or need to do.
More freedom to disassociate from time pressures
Working life is a constant time v money equation. Any time you can have more of one, but you have to give up some of the other. For the first time in my life, I have enough of both
Doing what you want with your time and not being answerable to workplace pressures.
- you can do what you like when you like - you have the opportunity to develop talents and skills with the extra available time - it's a great help if you're financially independent
No alarm clock
Choices

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Having the time to keep fit and develop a good lifestyle. Time to travel without a set timeframe to complete.
Just the freedom to not be tied to a routine.
Freedom
The ability to contact family members and follow their progress through life
I ran my own publishing company so not always having that stress to work longer hours to meet deadlines. Planning your time to fit in more things
Choices
Not forcing unwilling body to endure over and over
No early morning alarms & everything has slowed down with time to stop & smell the roses. I'm able to appreciate the little things in life and enjoy every day for what it brings. I'm able to enjoy travelling more often and have the financial means to do so. The freedom to be able to travel when I like rather than when I can get holidays. I sleep so much better without the stress of work.
No work stress
Freedom
Walking, reading cooking
Freedom of choice
Freedom to plan one's own time apart from doing essential work around the house and shopping
Freedom to follow own interests and support family, community and charities
Having time to meet with friends, not being in a rush. Lots of time for walks. Time to volunteer.
Going to bed knowing I don't have to go to work the next day
Time is our own. Grand child duties. Close to dog and travel when we like.
Knowing I do not have to meet a predefined schedule for project delivery
The freedom to make my own choices
Freedom from having to go to work every day (although to be fair I did a fair bit of work from home even then before the pandemic (retired five years ago).
grandkids
I am less tired ,I do all the same things cinema,catch up with friends ,eat out ,walks etc will travel again but not ready yet.
Freedom to do what we want, when we want, within government restrictions due to Covid.
Freedom to do what I want when I want. Sleeping in - not having to rush off. Doing things I enjoy and by choice not compulsion.
No pressure. No demands to do what other people want. Choice and time.
Time to please ones self with what we want to do
Having the time and not having to deal with D#heads Spend time getting fit lost 30kg and manage a PB with weights each year so far (age and gravity will get me but I will fight it)
Less stress More sleep
I like tinkering with stuff and taking time to understand how things work and do things properly
Freedom to do whatever you choose.
Time is my own to follow my interests
Work only when you feel like it.
Sleeping in
Flexibility

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

No alarm clock
More time to yourself and to plan ahead. No work stress and neverending workplace politics. No rush hour travel stress
Having time and flexibility.
Not needing to do things I don't feel like.
Fewer years before death will relieve me of the need to keep doing what I'm doing now.
Not doing an average 60+ hours of work per week.
not sure!
Can manage own time
Slower pace
Your time is your own to plan as you wish.
Spending more time with my family, especially my granddaughter. Having all this free time. Having the time to look after my mental and physical well-being.
Elimination of stress caused by others
Freedom to spend time with family and friends that matter. Serve in the church and community as required.
Not set on a time to be anywhere.
Spending time together doing what we both enjoy
Enjoy what I want to do with my day. Planning my next trip. Not having to have a strict schedule. Not having to answer phone or emails.
Less stress though I don't like to be idle. More time to plan my move to a retirement property.
No pressure
freedom and prioritising myself 24/7
Whilst I currently work part-time, my extra time allows me to have more leisure time.
Not having to wear a watch
Your time to plan
Doing what I want to do and when.
More time with family. In some ways I get to have more time with grandkids than I did with my own as a working father. Certainly different times.
More choice ...less constrained by work commitments....
No commuting
all of the above
Freedom to do as you please, well largely anyway
Able to "sleep in" in the morning. Life in a village where people say Hello. The local church and friends. No longer the rat race traffic to and from work.
One is not dictated to my time or other people. You can go as hard or as slow as you like.
freedom
I answer to nobody
Very few deadlines- do things in own time
Less stress and demands. Learning how to let go of unimportant things.
Not having to get up at 6am and fight the traffic on the Eastern Freeway to get to work.
Time to allocate to activities you wish to do. Lack of responsibility to business/work and its associated pressures.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Limitless time to pursue interests, ability to set my own timetables and flexibility
no time deadlines
Knowing that you are only responsible for having fun, eating well & getting plenty of physical & mental exercise/
Not having to spend time working
Sleeping in
The freedom to do what I want
None so far
My time is no longer worth anything. I can spend it how I like without feeling guilty. Looking after my grandchildren helps my daughter take part in the workforce, and contributes to her family's long-term future. Volunteering in my community brings great social connection & a feeling of personal well-being.
less stress on the day to day pressures
My own timetable
Time & flexibility to help family members if needed
Provided you have adequate finances it enables you to travel or to do pretty much as you wish.. my wife and I decided to move back to the country about 20 years ago and have not regretted one minute of it.Keep up your sports if possible.
Plenty of spare time to fill with useless activities. Plenty of time to do what needs to be done, while putting off what needs to be done because you have plenty of time to do it tomorrow.
More freedom to travel
You make your own decisions... provided you are financially ok
Not answerable to others as much.
My time is my own, there is far less stress.
All of the above
Ability to do what we want to do when we want.
Doing what I want to do when I want to do it.
lower stress levels, freedom to do as I please .. or not!!
Every Monday is a holiday.
catching up on forty years of lost sleep
more freedom about how I spend my time
Freedom to look after own affairs.
No one determining what I do with my time.
The total freedom to do whatever one wishes without recourse to permission or responsibility to anyone else .!
No other idiot telling me what to do 8 hours a day.
No incompetent managers to report to
Freedom More time for family and friends Not having to worry about company pressures
Learning to relax and avoid stress.
care free retirement
Freedom
Individual freedom

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Freedom, grandchildren
Time to do the nice things, not be rushed. Lunches.
Waking early around 5am walking, some exercise, cup of tea at cafe walk home that's the first 3 hours. Some small housework off on scooter for a ride and shopping etc etc
Not feeling that sense of dread when the alarm goes off at 6am Monday to Friday.
Having the time to pursue anything that interests me.
Choice. Ability to do things off-peak. Better life balance.
No pressure to be somewhere at a certain time
No worries
Time to do stuff.
Flexibility
Freedom
Loss of stress
Going your own way and enjoying life.
ability to decide on a regular basis what you want to prioritise
no alarm clock , no patients !
No hard commitments. Total control on my time.
Taking your time to 'smell the roses'
Less stress. Choice. Not stuck in a rut.
No pointless meetings. No team-building days. No lectures about diversity & inclusion. No having to pretend that the boss knows what she's talking about.
Freedom
Doing whatever we want
Freedom.
More time for family. More time to exercise. Not having to get up early every day. Although I generally do anyway.
Spend more quality time with grandkids
Having the time to do what I love to do when I want to, for example reading late into the night without worrying about working the next day
freedom to explore new adventures and learning not to be selfish and time for self reflection
freedom
Stress and work overload have gone. Exercise and time to work on important relationships has increased. I am fitter and healthier than I have been for 20 years
Life isn't a rush, time to enjoy activities
Time to spend on extended family needs and wants.
Freedom to do what you want and say what you want.
Being your own timekeeper. Doing what you want when you want.
Not dealing with staff
The freedom to live!
I can decide what I want to do
Having time on your hands to follow pursuits of your choice

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Independence as a self-funded retiree. Being able to take advantage of good health and full mobility before either one of us (spouse) get too old as the window of opportunity closes with age.
Having time on your hands to follow pursuits of your choice
Being master of one's own time.
time to do the above and social contact they involve and reduction in stress and slower pace of life
not being concerned with daily job pressure
freedom and plenty of time to do almost anything
Free to do what you want, and when
No stress, time to do what I want
Not having to fit in work and not having a team to manage. Regular coffee shop to read news and relax and being able to concentrate on just one or two things a day.
No more responsibilities for employees, no more unreasonable deadlines and budgets.
Freedom to pick and choose how I spend my time. No longer need to do all those unproductive things that corporations demand (eg, attending meetings that have no real purpose)
More flexibility in working and taking time off (around work).
No pressure. Early on I took quiet delight in watching neighbours run/rush for the bus as I sat on my deck with a cuppa especially on those winter mornings. Weird, I know but I am simply satisfied!!
Freedom. Time pressures are one's own, mostly
I owned my own business which involved a lot of contact with the ATO and I definitely do not miss that. Best aspect - longer coffee chats after exercise with friends. Able to help the children more and some babysitting during the day.
Time to do things, no rushing, no bosses to please. off peak travels
At long last I have time to read more books and those long newspaper articles. No bosses or customers try to tell me what to do.
No office politics. Reread some notes for my lawyers when in conflict with one large employer (or rather people) and can't believe the stress involved. Do my own thing when I like.
Being able to decide what I want to do and lying in bed until 8am if I want to.
Free time to do anything
a bit slower pace of life
Ability to choose what you want to do.
Independence, time to appreciate and enjoy life in general.
Relaxing, less pressure, no or limited appointments.
When the Beatles released Paperback Writer, I was in primary school. It sparked a desire to write paperbacks. So, now time allows me to do that.
more time than before and see as shown above
The flexibility to do what want to do.
Flexibility with how you spend your time, in all it forms.
What I do depends on the weather. I'd never thought about that before. Obviously sunny days in the mid 20° are gold. In short, I do what I want, when I want.
You can travel for as long as you want, and you can do what ever you wish.
Not having to respond to employers and you choose to do what you want when and how
'Treading your own path'. With adult children still living at home, I have been able to spend more time with them and assisting my wife with 'home duties'. I am lucky to be more than comfortable financially, and coming from a finance background enjoy monitoring my investments and keeping 'up to date'.
I do have more time to myself

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Being able to do what I want when I want
Having time for ME and being able to make a choice of what I do with the time I have left on this planet
No responsibilities or obligations to or for others other than myself and my wife.
Freedom to travel when i choose and just enjoying my time. Waking up slowly in the mornings.
Spending time doing things of your choosing, all with friends.
Waking up when I want
One's time is one's own
We travel around Europe for 4 months each year and never tire at the richness of the history, art, literature and more of each country. Uniquely, we travel by cycle touring.
Freedom from worrying about how the business was performing and no longer worried about time and schedules.
Retirement gives more time with the family and reacquainting myself with my 50 years together partner. Which ( to my surprise ) has been a unexpected pleasure and an continuing entertaining journey. Who would have thought..
Freedom. Flexibility, fitness and healthy living. Better relationships.
Being able to do what you want when it suits.
Not having to go to work.
Being in control of how when and where you do what you do.
ability to make decisions on the run - depending on weather. Don't have to pander to people as much (I was in business)
CHOICE! You have freedom in every sense of the word.....as long as your doctor or health professional approves of it first !! You can do anything and everything you can financially afford to do. However , "bungee jumping" and "sky-diving" are still a NO ! NO ! And...in most cases.....you have outlived all your 'detractors' and shed all your dependents !! Marvellous !! And I can eat what I enjoy and whenever I like and stay in my pyjamas all day.....like Noel Coward !! if I choose !
I can budget my time and activities to suit my self, and have more time for activities such as reading, exercise, gardening, cooking etc
No daily commute. No need to "soldier on" - there's space to look after yourself when you are not feeling 100% (and recover quicker). Just less pressure generally. I can go to concerts etc. during the day, ad during the week, rather than squeezing everything in at the weekends.
Flexibility
Do what you want. when you want
The time one now has.
Zero stress
Not having the stress dealing with difficult clients (and some bosses) and working long hours. Happiest & most relaxed I have ever been and able to live an unhurried life.
I call the shots on what I want to do and when.
More freedom with my time due to fewer deadlines
Best aspects of retirement are being able to choose for myself how I spend my time - enjoying nature, travelling and giving back to the community by volunteering. Volunteering with Bushcare, on committee of local community preservation group. In the past I have volunteered with Primary Ethics delivering this program once a week in primary schools and as a mentor with newly diagnosed MS patients. I played golf for a few years but not currently. We are looking forward to grandchildren.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Not having to commute to Melbourne from large country city
plenty of time
Nothing locked in as unavoidable (work) when I wake up and go to sleep.
Freedom to do everything with my partner.
Having time to focus on making a difference to the Retirement Income System.
No deadlines.
Now that we have been retired 7 years, finding the right balance between wants, needs and a healthy lifestyle
Choice about what I do rather than obligation and necessity
Not being controlled by work and not constantly thinking about work.
Enjoying life on our terms.
Flexibility, control and plenty of time to use these constructively.
Free time. Few time constraints
flexibility to do what I want when I want
Flexibility to plan and execute activities over short, medium and longer timeframes. Independence to choose activities. Two edge sword in that you wear what you plan.
Reducing stress and freedom
Choice, unhindered by work constraints.
Ability to be spontaneous in what I do and where I go.
No longer frustrated by bureaucracy, incompetent managers, have no one to blame but myself.
Being financially independent and able to do what I want when I want
I enjoy golf, travel, reading and small dabbles on the stock market. We invest many hours a week in grandchildren while they are young.
Control of time and activities
I can do what I want when I want.
Having control of your time to plan your week/ day as per your and your family needs
Free Time
Freedom of choice about how I spend my time and with whom.
Obviously the freedom of choice in what I do, when I do it and who I associate with.
Removal of work pressure
choosing my own routine and priorities.
Freedom to do pretty much as you wish - income and health allowing.
Being able to do what we want to when we want to.
Apart from not running a small business - not having a dedicated daily time table - do what you want when you want to do it.
time to look after health, pleasurable pursuits, hobbies
We arranged to be well funded and the curtailing of longer distance travel has provided more funds to donate and support community organisations which we are still adding to and enjoying
Lifestyle
Being able to do the carer role, have flexibility with times for appointments.
All of the above
Taking time to do things. You still have timeframes but no sales pressures.
It's on my/our time & choice. We can do things as we see fit & when they on

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Control of your time and priorities
Doing as you please when you want to.
Not having to please anyone but myself (selfish i know but who cares)
I am in charge of my day
You set your own agenda, obviously consulting partner (?), and no politics or arseholes to contend with
Freedom
away from work pressure, no work travel 2 weeks a month, free to do what we want to do.
Choose what you want to do every day
Less stress from changing workplace
Time to enjoy other activities. No rush to get all the everyday tasks done on the weekend. Time to actually read the newspaper. No work related stress.
Not having to play in the traffic morning and afternoon
more time
My easy time,travel and family friends
It is liberating to be entirely in control of how one spends one's time.
Not being rushed and dictated by time restraints
more time to follow interests
Time and leisure and new things
Much less stress and feeling healthier
Sleeping in
Less pressure
No appointments lined up; not having to be somewhere according to someone else's time table; not having to get up pre dawn; can decide to be decadent and sit and finish that book regardless the time of day.
Even though I have many responsibilities/demands from family, volunteer organistions that I am a member o, it's better than having a "boss" telling you what you should do and how to do it.
Living a fulfilling life by helping others. Spending a lot of quality time with my wife and children. Having plenty of time to enjoy leisure and pursue your interests. Not having to stress about work!
being able to spend time and money on family, no obligations
Freedom and Liberty. Choice and oppertunity.
Structuring my day around one to do event with family/sport happening as well. As I manage our SMSF I follow all the financial news, newspapers/podcasts and emails.
Less stress and ability to do things when you like
Freedom of time and lack of structured timelines
I can chose what, when and with who to spend my time with on any day.
independence and the ability to indulge in preferred activities/pursuits. Freedom from daily commutes, obligations associated with paid work ge it as an employee or a self-employed person.
choice, no timelines, more human interaction at social level
Able to go away when I want and how often I want.
Freedom to choose what part-time work to do. No financial pressures, Time for other activities including reading
The flexibility to do what you like when you like.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Make your decisions Time to indulge in activities you enjoy
Freedom. Not having to travel for work.
Getting up when I want and doing what I want
Freedom Of choice in time management
Not having to worry about work
Freedom to do as I please, when I please.
Not having to meet someone else's timeline all the time. Having the time to explore Australia and the world.
Additional freedom, less constrained by institutional pressures.
No time constraints. Can do what I want, when I want.
Plenty of time to do as I please.
Freedom, no pressures.
Being able to sleep in a little more
Time is mine.
Not being pressured to complete a report or assignment. The freedom to do things we would like to do.
freedom from the pressure to perform and achieve
Getting old
Not having to go outside the house and travel to work No external pressure to complete an objective
No shift work and no on-call.
Choice.
Owning the day, taking them every day to appreciate what a special place we live in
Being unconstrained in plans for travel , activities and increased social activity without boundaries
Time for other activities
The time and funds to do things that weren't possible when I worked
None really except seeming waiting till I die
Grandchildren's progress
No presure
Exercise, more social time with mates and family, and less stress.
No longer having to deal with difficult people & time constraints
freedom, adequate finance, friends, overseas travel, still run a primary production business, am a registered share trader, health still OK at 77.
Not having someone hanging over your shoulder. Time is more elastic. Being more regular with physical exercise. Not having to deal with dickheads in some work situations. Dealing with yourself when 'more retired' can be a bit knotty too. 'Just chill out, man,' I tell myself. Or is that oh so Seventies?
Time with grandkids.
Being free to do whatever we fancy away from the stresses of work and the political games played by many fellow workers.
Having simplified our financial life, we are more relaxed financially and look forward to more travel and family time.
Freedom from regular duties.
Doing what you want, when you feel inclined!
You can sleep in on weekdays. Get to know your family better. More time to catch up with friends.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

My freedom and I own my time and can do with what I want, when I want. Can be more spontaneous. Am happy and content and at peace within myself
More freedom in terms of time, less daily stress, pursuit of personal interests and travel opportunities at short notice.
Longer coffee breaks
Freedom
I dont have to deal with clients...although most were great Freedom to do/go where we wont
freedom from pressure.
freedom to travel and visit family.No more commuting in traffic
No stress. Not working and yet the money still is there. Doing things when you want.
Time flexibility
Having the freedom to explore new activities and to indulge in hobbies and spend more time with loved ones enjoying their company having coffee or lunch.
No hard an fixed deadlines or timelines Time to do things that were not feasible during full time employment
Able to go out and have a cup of coffee with my wife. Able to do odd jobs for my adult children around their homes. Do a bit of catch up reading.
less stress
Time, and plenty of it.
Freedom to do what you want, when you want
A bit more mental space, less pressure to deliver.
Not concerned about finances
Time! No more rushing trying to "fit" everything into the week-end.
Plenty of free time to do anything or nothing.
Freedom of choice in how to spend the time
Don't have a mortgage, fewer expenses, plenty of time to do what I want.
None
Having time to pursue my interests
Having time to do the things I want to do, not what I had to do at work.
time and relief form work stress
Not being stressed and constantly tired (as a woman working full-time and raising a family in a corporate environment that was not family friendly)
Free to choose what to do any particular day. Not having to shop on weekends.
More time with family, especially grandchildren Ability to travel Volunteering
More time to read, relax and write.
Not answering to anyone and or demands of business.
None
Time to do the things you want to do
Freedom to choose what to do



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Difficult question as I started retirement when COVID began! So many plans were canceled.
Do what you like when you like.
Less stress
Freedom, flexibility, no stress to meet strict deadlines, no need to deal with difficult people.
Discretionary time
My days are my own.
can plan and do things on own time and priorities
No retched meetings or work people issues.
What you dont get done one day just put it off to the next - no time constraint's.
Freedom. Rarely have to set an alarm and no more pointless meetings and KPIs!
No 70 hour work weeks. No structure
freedom less of the day-to-day grind more time to do what i want
free to do as you choose don't worry about paying bills buy what you want go on holidays if you get bored
Sleeping in when you want to and not having deadlines or pressures from others. I was a mortgage broker and not having to deal with stupid people in banks is a godsend.
Freedom to do things you enjoy. Be it bushwalking, travel, grand kids involvement or helping out my own kids.
Freedom of choice, more relaxed lifestyle.
Freedom, although our plan to be overseas for Melbourne's winter took a hammering with COVID. Bit hesitant now.
relocating back to my home city. not having a commute.
Less stress
I answer to myself not the board of directors
freedom, time to do what I want.
Enjoying travelling with wife
Nobody has any expectation of you.
No pressure Grandchildren Living a frugal lifestyle
Freedom from paid slavery
Less stress
Choice.
Being responsible for my decisions and reaping the reward.
Being able to spend time on one's own terms.
The freedom of doing things (or not doing anything!) at a time of day or night that suits me.
A bit more time off but not much
I am meeting people from more diverse backgrounds. I feel much more connected to my community. I can take on - or not take on - different projects as they arise. It is my choice.
Don't have to fight peak hour traffic in Sydney
Permanent holiday. Flexibility. Farming. (Very) occasional trips which make one appreciate that one's home/farm is the best place to be.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

The freedom to choose how I live my life with my partner of over 40 years.
Easy living
my time is my own - I choose what to do and when to do it incl. U3A, Tai Chi, travel, aqua exercise etc.etc
Freedom.
Freedom to make and change activities at will. Also reclaiming my freedom. Work was always a means to an end.
Sleeping in!! Time for dog walking and gym
No Work pressure.
Being able to spend time outside and doing what you prefer to do. Travel visiting family
No stress
No being tied to an employer's schedule.
Not dealing with the negative aspects of work. Doing what I want when I want
focus on remaining a better balance of lifestyle - enjoy not having restrictions on trying to do things "outside of work hours"
Time availability
No defined schedule... can take advantage of things as they come up
You are in charge
My time is now 'my time', so i can fit in anything into my private life that I need to, or want to, without having to fit it in around customer/manufacturing commitments.
Control of my own time.
At 84 I find greatest pleasure in the grand and great grand kids. Being a scrooge means I can spend time in the garden just observing Nature at its behest without complaint about cost.
Generally being able to do what you want to do at a time that suits.
The time you have to yourself without the pressures of running a business.
Free time and spontaneous choices.
Freedom.
Waking up everyday, knowing you don't have to go to work, and that the day is yours to enjoy as you please.
Bureaucratic BS
Being master of my own time.
Owning you own life and decisions. What you do/achieve is for your benefit or those close to you.
Not having to conform to expectations of narrow minded people. I hadn't realised how much i changed to fit in. I'm trying to relax and enjoy life.
Little pressure to do things now. There is always the next day.
Freedom to do what I want, when I want
1. No more corporate politics 2. Comforting sense of 'been there, done that. Out of the rat race. In good health and enjoying the freedom. 3. Grandchildren- easily the best experience in our lives
Spending your time as you want.
Not getting endless emails

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Being fully and freely in charge of my own life at last.
Not travelling in peak hour traffic,no office politics or working with incompetents but enjoying all the points made in 3.
Not having to worry about career limiting decisions, stress free community work, no performance reviews to give or receive.
Freedom of choice ... or so we think! More time for social activities.
free time, and not having to deal with politicians
Free to do what you want with no time constraints with full control.
not lying in bed at night worrying about what stresses the next day will bring
less pressure
Choice of activities and being available to support family however required
Not doing tied to the stress of work and freedom to do whatever you want, however as mentioned Covid came along.
Freedom to be available to do things.eg, Help with grandkids, go out with friends, go out for a walk or ride on a nice day.
Ability to do something different to work
choice of when and where for activities.
friends
Freedom, low stress, luxury of time.
Time to read and catch up with things you want to do and not just have to do
Peace of mind
Stress free
flexibility to do what you want
Life is slower, less hectic. I try to continually push my boundaries so I do not slip into slothfulness.
Free to do what I want
I can do what I WANT to do, not what I HAVE to do. I've been retired since age 53 (now 59). I read lots of books, take long walks with my wife, manage our SMSF & personal investment portfolios/admin (and for some family members too), joined a very active local history group (where we also met a bunch of great new people/friends), volunteering, day trips, etc. Some days, even just doing nothing is good.
Freedom to do what I want
Soaking in hot springs!
Not having to work
Choosing your time so as to avoid crowds.
Not having set times to be places or to complete projects by.
dont have the stress of work - and peoples expectations enjoying my time with my wife and other family members doing some short travels around local areas
Not working for a living
More time with family. Less time stress i.e. less rushing to meetings around the city or interstate
travelling around in the breeze living the life you want
no alarm clocks - my days are to do with as i choose
didnt realise until after I retired that I had a constant low level anxiety that would ramp up at work . now sleep through the night and wake up refreshed. I can holiday when i like and for as long as I like. More time with family

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Freedom to allocate time and adjust priorities if required.
setting my own agenda; much less stress; spending more time on the things I enjoy
don't have to put up with bad management in FIFO mining
Freedom, no deadlines, not having to deal with other people's problems.
Leaving a toxic workplace
Getting rid of guilt when some days I achieve very little. No more stupid red tape because you bothered to employ people. Being debt free and assuming retirement savings will be enough.
flexibility to do various activities
all as in Q3 above, plus lack of stress, worrying about what I have to get done tomorrow.
The commute elimination, more time to contemplate
The freedom to carve out whatever future I want. Ability to do extended overseas travel. General feeling of relaxation and contentedness that is hard to achieve when working full time.
Less work related stress
less rush
Waking up in the morning and the day is yours to do with as you please. Not having to fuss about the hassles of dealing with clients or government.
Not having to go to work every day
I have flexibility to do what i/we want to do when we want to do it (subject of course, to any restrictions because of Covid-19!).
Having the time to do things I was not able to do before.
Sleeping in and late nights
Working for more purposeful endeavours - i.e. giving back.
Being in charge of your time
Freedom of choice in how to use time
Very flexible hours so you can really choose what you feel like doing every day. No work related stresses.
Too soon to say, but not working is right up there.
Being my own boss.
My time is my own.

#### Q5 What are the worst aspects of retirement?

Loss of social interaction with work colleagues. The "team" slowly drifted apart as individual priorities changed with time.
none
Health issues. Community politics.
Miss colleagues and security of regular pay cheque
Getting old
Won't last long enough
You can never have enough money to do whatever you like. Unfortunately you are not as fit and as healthy as you used to be.
No one takes any notice of my opinion/s. Business relationships evaporate. People die more.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

none really. cant buy stuff cheaply now without the company behind me
The extra 5 days a week with the spouse
Feeling obsolete
Lacking motivation to do things which really need doing.
None
You start losing friends either because of health issues or becoming less tolerant.
Getting older and less able physically.
Having some of my friends still working who don't have as much time and flexibility
Lack of regular serious income apart from Super fund. Have only been in this position for around 3 years so current market circumstances weigh a little more heavily than otherwise. Generally we believe that our SMSF will support us for the foreseeable future but there is always the doubt about external income (other than drawing on super).
None
Physical aging and seeing the planet rapidly being destroyed by greedy people.
Getting old
You can't sit around reading and eating like they say, unless you want are short retirement.
I don't find any downside to retirement.
Can't find one.
You're closer to the ticking clock!
Can't say I have found any after 6 months.
Have not found any yet
None
There aren't any
When you are Can think of any and, honestly, I have tried.
Our golden years were cut short by health issues. Boredom is now my major problem.
Not enough hours in day and not enough holidays
Dealing with doctors and all the time spent in waiting rooms
Potential boredom for those that have little interests or funding.
Uncertainty of income.
getting old. not being able to hit the golf ball so far Get all the things you
sometimes the days get a bit dull
some friends still work and not available. Also being single, I need to factor in friend's partners as well
none really
Realising you are getting old
Has been restrictive through COVID requirements
Sometimes I feel a lack of mental stimulation.
learning to restructure the day - takes some time to work out what works and what does not
Adaptation. Not really knowing how much money I need, and what assumptions to use in the model.
Knowing that this is it! When working it didn't matter if you were ill, thanks to sick pay it didn't feel like a dead loss. Likewise if the weather was foul you could still go to work and feel purposeful. When retired these days feel like lost opportunities.
how fast the easy go!

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

None since all activities reestablished post covid.
getting older and the realisation that we may only have few years left
Hard to find passionate things to engage brain and body. Wasted potential.
So far so good , nothing to complain about. It's what you make of it.
Being widowed for some years, it's not pleasurable, re travel etc. also Covid has put a damper on life.
None
Lack of purpose and collaboration with others
There isn't any that I have found so far
Social network at work
Isolation augmented by the COVID situation.
Not enough time.
Trying to figure out how to make our nest egg last
Miss some workplace contacts
... but I do miss the mental stimulation
Realisation that life is not forever
Nothing I can think of. I wake up each morning ( always a bonus ) and wonder how I did what I did for 50 years. Good luck I guess. I am very grateful.
Knowing poorer health is inevitable.
As you are getting older your health brings up some challenges.
Others assuming that all your time is now free
Perhaps less mental challenge Only so many crosswords and Sudokos you can do
The lovely patients that I helped (I was a Dr.)
Choice
Keeping busy to stave off depression
Ageism. Something I was not prepared for.
Losing work friends.
Putting on weight. Smoking more. Feeling irrelevant to the business and work community nowadays.
Being treated as an old person.
No organisation or group of people actually depend on our input
Money does not come in quite as easy
getting old
I can't think of any.
Hope your savings will last your lifetime
The noise of city traffic
Loss of professional challenge and recognition. Declining health and fitness with age
None.
Needing to feel useful. Community activity and periodic voluntary roles fills the gap
None at all
Seeing time disappear!

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

No scheduled timetable that coincides with others in retirement.
Lack of companionship Lack of Achievement Slowing the continual Education
Loss of purpose
Some days can be a bit repetitive
It means I'm getting older...
The occasional realisation that life is not infinite.
None until Covid, now having little social life. The fabric of Society has changed amongst retirees with the fearmongering and lockdowns, etc.
Some loss purpose that came from my work and miss some of my close work colleagues.
Reduced health, boredom.
Lack of funds
Not intellectually stimulating.
None
If you live in a small rural community finding people who share the same interests can be difficult
None.
one does have to be mindful of spending. Extravagances are out, indiscriminate purchases are out too but one learns to prioritize dollars spent, more efficiently.
We are told there are half a million job vacancies in WA. I am a retired professional mechanical engineer who is happy to look for work part time/casual. However I have found it is very difficult to find job opportunities unless I pursue engineering vacancies which are all full time.
Can't really think of any
There is a level of future stress adjusting from a lifetime of accumulation to spending. Continuous commentary from the press and politicians on the next way to attack self funded retirees causes stress but it hard not to read it anyway.
Getting old and aching more.
struggle to keep routine going
reduction in eating out , and money a little tighter but still well within my planned retirement budget and spending
Although not of a major concern yet, i can start to see the ravages of old age approaching. Doing everything i can to keep them at bay. 'DON'T LET THE OLD MAN INTO MY LIFE
Old age issues - including declining fitness.
Took me about 3 years to get the hang of it.
lack of purpose.
None that I can think of.
None identified yet.
Drinking too much
Being at home with the wife all day, being used to do stuff because other working people are too busy, worry more about money now
The gradual effects of getting older and slowing down and not as easy to do things as when you were younger, concerns that Governments will see your retirement savings as an easy way to secure funds to help the "needy" and being able to look after yourself in the face of an increasingly lawless society.
Miss the work interactions and responsibilities
Lack of relevance in our society
Getting older and not quite as flexible and trying to decide what we want to do next

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Decking health & motivation
Too many options & not enough guidance or support in making decisions
Aches and pains, health issues, friends' sicknesses and deaths
Changing from financial building to spending. Haven't got enough time to do everthing.
Interruptions...pandemic to money flow and planned activities following stupid decisions of our political leaders here and OS
The last couple of years of Covid.
I cannot think of any
not being able to do work ( physical ) I did before retirement and early retirement
None!
Boredom when at home too much as in recent times. Height of pandemic wasn't too bad as there were lots of zoom sessions some of which continue.
Been retired for over 10 years now and I accept that the body can't do everything in one day that it used to
none
Initially a serious loss of "sense of significance" in daily activities, that eventually became only a slight sense of loss. Fringe benefits in employment now have to be self funded.
Miss on social network.
1) Health and mobility restrictions 2) Loneliness sometimes without a spouse 3) Visiting-communicating and trying to help friends and relatives who are not as fortunate
Yet to be discovered
Reduction of work social interactions - but it's an adjustment and soon picks up as you do more of what makes you and yours happiest. Adjust adapt.
sometimes no reason to get out of bed
None, as yet
Having to do a greater share of housework!
staff / colleagues were friends as well, so lost of contact with them
Some boredom
Have not found any yet
Getting involved in too many commitments.
Missing the power, the influence, respect, I get from peers and subordinates.
Can't think of anything bad.
My lack of mobility. Having farmed for 12 years have lost my professional contacts
loss of professional contacts, wasting time
Time to do all the things I/we have in mind is getting shorter!
Declining health with age, but this applies to everyone. My wife is not as good as me at finding interesting activities, so is bored sometimes.
Can't think of too many. As you get old, people ignore you, but I am not worried about that, in fact I like being ignored, especially by government agencies and politicians. Having to do a medical test each year to continue driving in NSW is definitely Government overreach.
nothing, all good for me
None!
Ageing



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Nothing negative really, I occasionally think I might have been able to achieve more, and there's the loss of income
Less interaction with people.
less contact with people, fewer mental challenges
Navigating our financial management. The last two years have been "challenging", to say the least
Listening to the drivel of many investment advisers.
No certainty of a fixed income.
So far I have none of significance, overseas travel interrupted.
None yet
The difficulty to add to retirement income when income shrinks unexpectedly, or the Government changes or threatens to change the rules (eg Labor's Franking Credits attempted grab.)
Awareness of greater possibility of unexpected major health challenges; But, even more so, pressure from the need to clear out years of accumulated "stuff" and to simplify my affairs so as not to leave a nightmare for others to sort out after my demise.
Boredom sa
More time to think about existential issues.
None
None
Can't think of anything
None
i was self employed and enjoyed building the business and meeting like minded people that has gone and I am now looking at the accomplishments of others
Less social engagement
Getting older
Early years see a bit of 'relevance deprivation' set in but need to push through that. Let the next generation sweat the big issues.
- a sense that the skill set and experience you built up is now not used and it seems like a waste especially if you were good at your job - you lose the connection you had with the day to day bustle and activities of your previous role
Getting lazy, work friends
None at this stage
Boredom and a feeling of worthlessness without full time work.
None
A bit out of the mainstream
None as long as you have your health life is what you make it
The fact that it is the last stage of life. Nothing to strive for. Next stage inevitable
None at this stage
There are none!
Centrelink
Getting closer to death
Loss of workplace community.
Realisation on the downhill slope of life

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

If you keep fit in body and mind, you increasingly end up looking after less fit oldies. Hadn't expected this recalibration of own goals.
Once retired it can be a case of "out of sight out of mind" as far as ex workmates are concerned
Getting older and slowing (breaking) down. Have to adjust plans to cope.
Needing a bit more in my life which I will do by doing more volunteer work.
Sometimes I get bored and have to create things to do
Little if any
Not knowing, at this early stage whether we'll have enough cash to last the distance
Sometimes things can drag but that is far an away the exception
I seem to be getting older
covid restrictions
Hearing stories of how hard life is for pensioners. Plan your life from the start and don't be a 'poor old pensioner' The aged pension is meant to be a fall back not an ambition.
Getting over the feelings of guilt for not earning a living.
Can't think of any ! I am an independent person and chose the time to give up a long and successful career.
Getting used to choice, and overcoming the urge to chase work.
Loss of identity and sometimes purpose of life being led.
I miss a monthly "pay cheque" I could easily set up a regular payment from my own funds but why bother I miss the challenges of work -sometimes but now less and less.
Missing friends/colleagues Less money
relatively limited social aspects.
Nil.
Nothing comes to mind except perhaps savings may run out before I do!
Sleeping in
None
Nil
Minor financial worries and ailing health
None I can think of other than being constantly mindful of your expenditure.
Other people think you have all the time in the world.
Having enough enjoyable, positive things to do.
Other's expectations of me.
Not having pre set work, however, I am in the transition phase of retirement at this time and will set myself agenda's to complete each day when in full retirement.
Nothing to do
Lack of purpose. Isolation from inter generational chatter
Worried about money
Declining agility and health.
The financial worries that cannot be solved by just working harder. The continued ageing of the body and the inevitable poor health.
Feeling loss of identity previously associated with work. Challenges of work and work travel.
None
Ensuring we have sufficient finances

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Nothing
Since I have been a workaholic I have to get used to less contact hours with students.
Sometimes a bit isolated
nothing
Some concerns about money out lasting my longevity!
Not enough time to do everything. Not being able to do the things I enjoy.
I am late for everything
No salary
Getting older.
The security of not getting that regular salary payment. Scheduling is a bit of a challenge because your time is not often your own. Have not done much socialising for a while now. Pure recreation is hard to come by.
Harder to make contacts away from work
age
I cannot really think of any. Perhaps the creaky joints get creakier.
A tendency to over involve myself in community tasks.
Not having my beloved best mate with me to share the days. Having to rely on others sometimes to do the jobs one is unable to manage. So far health is good, but I do observe the handicap poor health is.
aging
I don't understand the share market and how fragile the value of profit making companies share prices are.
Loss of camaraderie
Somethings feeling fulfilled with my days.
Boredom
If I ever find any I'll let you know.
None
nil
Getting older as the normal process of aging impacts upon both physical & mental wellbeing.
None
Occasional boredom and no chance to travel for last 4 years due to Covid
Having to work at getting enough social contact. Would have liked more savings to enable more travel choices.
Bad life decisions and not enough money
Watching the value of your SMSF share-holding fall and thinking of the overseas holiday you could have had.
health issues self and partner
Fixed pool of capital to last an indeterminate time.
Very few. You do lose some friends that you worked with but it is up to you to make new friendships.
Getting lazy and unstructured days
Getting old
Uncertainty with inflation on fixed income.
I honestly can't think of any.
We were self employed so there was only the business. Sometimes now I miss that sense of purpose but never want that level of stress again
Getting old and feeling it!

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I miss the friendship and contacts of my colleagues and clients.
boredom
Cannot think of one - oh yes, there is one. She who must be obeyed always has a list of things to do around the house.
declining energy levels
concern that my life savings and investments will not last my lifespan
Unexpectedly appallingly rude ageism and discrimination from the new breeds of health care professionals
Lack of work Socialising but I have now developed 3 or 4 new networks.
Cannot think any .
Loss of social aspects of the workplace.
None
Governments constantly moving the goalposts on superannuation and tax rules, making it difficult to plan for financial security
Forgetting that Tuesday is not Sunday
possible ill health
Less income
Less contact with people
Loss of social network
Aging
Nothing really driving any activity.
Time going so fast
Struggling to fill in time & Loneliness
Getting older.
Missing the day-to-day chats with people. The conversation with one's partner is fairly predictable.
Reduced social contact
Fear of money running out
Lack of stuff to do.
Flexibility!
Getting old
I'd be happier if I felt a little less spooked by market fluctuations
Unfortunately retirement means we are getting older, I am eighty and the body requires repairs and maintenance. does not always agree with what I
clubs become a bit tedious
miss the jokes from my colleagues
None
Health concerns, getting older
Failing health. Getting old.
Don't get to see and talk to different people every day. Don't get as much money.
Costs to do something special
Missing work people and contacts.
The body can't do what it used to anymore. Miss the social aspect of work a bit.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Somewhat lonely after death if my wife
Some of my friends are getting or acting older and therefore limiting what they do
whining people who lack imagination to take their God given talents and find ways to help others
lack of purpose
There was a sense of respect and purpose in the way people treated you. That has disappeared. Also as an educator I had the trust of young people and their families. I miss that aspect of my work.
Getting older! But probably healthier
It has an ultimately-unavoidable sunset!
Mainly boredom and being under utilised
Nothing bad as who really misses the work routine.
None
The worry of old age - but that's not to dwell on!
Being at home all the time
Not having enough time to fit in all the things we want to do
Its what you make of it, I dont know whether I could put a "worst" tag on things. The boredom previously mentioned is my doing, there's always plenty of things to do, its just the motivation that lacks.
Not having enough time to fit in all the things we want to do
people assuming you have nothing to do, no brain left to do anything or thiink for yourself even when it is abundantly clear that assumption is very wrong. The worst of all is having to accept those things which are no longer possible due to physical Health constraints.
no longer having the satisfaction work can bring at times
body not as flexible, rapid change of technology
none so far but future health could become and issue
Nil
Need a little more to do. Casual part time work was good but at 71 I have fully retired.
I have not found any yet.
Reduced social contact, skill loss
Nothing for me
People think you are too old to be doing lot of things. I think most of the locals thought I was mad and believed I would fail. But I now get comments about what a wonderful job I am doing and how much improvement there is.
Not enough time left to see all the places I want to see.
Some uncertainty as wholly set-funded without employer super - and some big losses over the years. Ah well
Loss of structure and have not fully developed new routines.
None
I probably spend too much time alone and don't do anything to improve that.
Should stop wasting time. Easy for the day to go without specific objectives achieved. Work provides a structure. That being said I replicated work by going a PhD so solved that issue for 5 years.
None.
some boredom
can not fit all the things i want do in
Difficult to think of any bad aspects
I miss the urgency, controls and complexity of deadlines and management

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

???	Is there any.
	The temptation to laze around the house feeling bored. I was active during working life and I want to maintain that feeling of purpose when getting out of bed in the morning.
	probably diminishing health
	Lack of structure and difficulty making most of my time.
	For me personally, there are no bad aspects, yet!
	2 weeks of cold, wet and windy get depressing. I'm happy for the first 2 or 3 days, but luckily the weather in Adelaide rarely does that to me. Usually the sun pokes out for an hour or 2 every few days.
	Lack of contact with fellow workers, otherwise none
	Worried about running out of money as inflation takes hold
	Losing contact with previous work colleagues, and also having to explain "what do you do?", particularly if retiring at <60. For a while, the lack of a routine was a concern, but this has improved.
	You loose some of the identity you had as a worker
	Missing the daily interactions with work colleagues.
	Getting older and the body requiring more maintenance!
	None
	Financial. Sometimes i feel the lack of commitment to a cause .
	No salary
	We haven't found any yet
	Being older!
	Not seeing any.
	Main downside of retirement is most certainly, the perceived loss of daily enforced time management schedule, which I have come to find was necessary for just getting things done.. Very easy in retirement to convince oneself that tomorrow will do..
	None
	People talk more about their health!
	None.
	When the wife was still working I would do all the cooking.
	loss of network / people don't return my calls like the did before
	Attending funerals of "old friends" and former colleagues ! As your friends die , your world contracts a little bit each time, and a little bit of yourself is also lost , and you have less social life and opportunities unless you can engage with "new friends" ....but even so the loss is palpable. Loss of physical strength and agility and endurance also take their toll ! Regrets : All that "cellared wine" that your liver no longer tolerates is a bit of a disappointment.....so drink-up now and never miss an opportunity to enjoy life in the moment !
	Apart from getting older, no bad aspects of retirement
	Occasionally I miss the daily contact with friends at work, but the ones I value are only a text or phone call away.
	Need to recognise that one is evolving through life stages
	Looking down the track to old age
	Some feeling of loss of purpose after finishing work, but finding that is being filled in with other interests.
	None to speak of
	As I age a few health issues arise which need to be dealt with and sometimes interrupts my leisure activities.
	Covid and lockdowns

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Still a little hole in time to get filled
Miss the income.
Worst aspect of retirement is helping my husband through his transition to retirement. As I needed to concentrate on my health, retirement gave me the time to do this. Improving my health gave my retirement a real purpose which easily replaced paid work.
Uncertainty of super returns, risk of outliving super and becoming depend on gov pension.
bored at times
Retiring into a sharemarket crash, higher inflation and uncertainty not experienced in over a decade,
Nothing.
Loosing touch with work colleagues.
No deadlines.
Getting older and losing friends and family as the pass. Also the body slows down and you have to be a lot more careful not to hurt yourself because getting better is a long slow process.
There is just never enough time to do all the things I want to do.
None yet, 3 weeks in. Lack of income and reliance on super performance I imagine could become stressful.
Worry about the world affairs
It takes a little time after retiring to restore a sense of purpose.
Declining health
Boredom and brain fade
Gradual loss of work knowledge and own relevance. Quite difficult to keep up with community, technology and social advances. There is a strain that comes with both partners in the same space and time which needs to be understood, even if you have been together for many years. This in the ongest phase of life after all.
Missing the mental challenge I had from running a business
After 5 years of life targets eg. property purchases I keep missing the pressure/satisfaction of big achievements.
Worry about the constant fiddling with super that successive governments do. Just leave it alone!
financial insecurity, occasional ennui.
None
Being on a fixed (no CPI) income!
All friends still working- have retired quite early. There is a disconnect
Not initially but I do get bored from time to time.
Loss of a substantial part of our joint income. Although the severance package did cover almost a year worth of salary.
None to report
Getting older!!!
Mental stimulation of collaborative problem solving.
not much
Working as a team member
There are not many as yet. Obviously there will come a time, I'm told, when I wont be able to do all the things I presently do but until then...
None so far
Can't think of any
at times a lack of people/social contact

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Being older is not a positive, ill-health increases with older age, so the future, which for baby-boomers was always positive in outlook is no longer so. Focus on work forced structure on ones day, wee, month year[s] When this disappeared suddenly replacing the structure was a challenge more difficult than expected.
Stress of markets
None
Health issues take longer to get better.
As you get older and you have health issues, it gets quite expensive as a self funded retiree. If you are on a centrelink age pension, it's not enough to enjoy retirement.
Besides aging, not enough hours in the day, None
Getting old!
Can't think of any
Cold,wet days when you are stuck inside without heating
Worry about money running out before I do; reduced strength and ability
None that I can think of
Having to pay for your entertainment at bars and restaurants, less time in corporate boxes at sporting events, decisions on class of travel!!
Now 82 with lots of things I want to do with my wife and family and finding time slot in their life to fit something in for us all.
None
Fear of Government changes that will effect your income. Not enough health and aged care services.
Finding interesting volunteer positions that are worthwhile, engaging and keep the brain active. A lot of places just want volunteers to do the task that noone else wants to do so you get very bored and eventually leave. It is hard to maintain high self esteem which is why it is so important to maintain fitness, socialise and find activities that are mentally challenging and utilise the skills that you have developed over the years.
Boredom and no sense of purpose.
getting older, declining health
Feeling irrelevant, watching the world go by to quickly.
Probably less social interactions.
Haven't found any
getting old and the associated aches and pains
Occasional boredom and lack of purpose
Boredom and loneliness at times
Loss of social contacts
Less income
Deciding what it is you like doing at leisure. Ensuring you keep interests and social activities going. So easy to let time and days just drift by particularly with how COVID has changed our thinking about where and when to go somewhere.
It was difficult, at first, coming to terms with not earning money any more and having to be the manager of my own life but I think I've got pretty good at it now.
Missing the camaraderie at your workplace and not earning a salary.
Ageing body and uncertainty of the financial markets
I don't see it as retirement , I see it as restructuring or realignment.
None really. Perhaps dealing with SMSF bureaucracy. Mind numbing.
Ageing and the impacts on health



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

None
Not enough time to do the chores as I prefer to be constructive with my time drinking coffee.
learning to live at a slower pace
an increase of time spent to attend to mundane chores.
Missing the social aspect.
It's not something intrinsic to retirement, but the onset of old age can limit some activities
Waiting for my wife to finish work (hopefully this year) so we can travel more.
Less social interaction
None
Lack of social contact
Haven't found any yet.
Nothing.
Loss of work friendships
Can't think of any.
Age-related medical conditions. I think retirement was actually invented by doctors. We meet lots of retirees in their waiting rooms.
concern that our finances will be sufficient to maintain our lifestyle. Additional health related costs.
None
Nothing yet.
Sometimes at a loose end.
Concern that the money will not at some time in the future provide sufficient income
It has to stop.
Doctors appointments. Being canvassed by get rich quick promoters, Politicians and charities.
lack of social interaction with work colleagues
Getting old
Need to fill in time. Some lack of external purpose. Having mandatory annual draw-downs on pension funds
Loving it, no issues.
Little to no money coming into household fortnightly.
Different folk have different priorities in retirement, othered with grand kids seem to spend a high proportion of time babysitting / similar activities
Always concerned about government and business next ways to screw you over, like super and deposits
None come to mind
One has to be old to retire and it's downhill from there
None really except seeming waiting till I die
Concern about world affairs and the future 5-10 years
Investing
Can't think of any ...
Continuing deterioration in health & mobility restrictions.
Less connection with people. Also, actors love to be validated, and less people around affects that. Maybe that happens with other professions too. (Esteem - Maslow's hierarch of needs etc.) I am beginning to see ageism at work in the entertainment 'industry' (sic). Australia is youth-obsessed. Lack of product for older actors. Compare to the U.K. where older actors get much more of a look in.
I'm scratching to find any ...

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Covid restrictions
Not having a firm income coming in every month that in turn creates the need to manage finance so we have sufficient cash to finance whatever activity we decide to put on our list. The move to an Over 50's retirement complex comes with many pluses but at times we find we have nothing to keep us busy so we keep a good library of books.
Can't think of any
Possibly too much together time, but few aspects are worse
Lack of interaction with people which was my previous job.
Getting older
Miss the daily contact with employees and other business associates.
Nothing
Less social interaction, managing financial expenditures in an unknown time frame, physical issues becoming more of an issue.
Becoming more 'shouty' on social media
Health - always seem to be I. The hands of doctors for one thing or another.
None...loved every minute from 30/6/08
loss of contact with others
Limited sense of achievement
Occasionally there is boredom and a lack of purpose.
Uncertainty of investments because of volatile markets and world events.
None, other than ageing goes with retirement and hence more health issues to deal with! means you are ageing
Body starting to creak and break as you get older. Enjoy while you can
Risk of reduced social contact with people
Worry about having enough time and good health to try and achieve chores I want to do. Also seem to be underfoot of my wife as she is determined not to change her schedule to accommodate me and my wants or desires
some moments of inactivity which lead to boredom
Health aspects
Age and all the difficulties that come with it.
Absolutely none, other than the realisation that frailty will take its progressive toll in the more immediate future.
Being locked up and restricted because of covid
You could get lazy if not engaged enough
Some days are empty and meaningless
None.
Miss involvement & respect from working in a busy atmosphere to some degree
Financial stress inflation and not much help for Self funded retirees. Health car could be a great help
Some days not so much is on but I have a big list of things to do - always.
None at all.
income fixed
There are no worst aspects.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Lack of connection with hundreds of work colleagues (previously worked in large Corporation. Loss of interaction with friends due to separation.
Can't think of any
Get bored....
Gets a bit quiet from time to time but that is ok.
Boredom
No extra money
Easy to settle into a pattern of not doing much physically
As we get older things change..... not just with yourself but close contacts as well ..,.. also creating unplanned changes.
Old age. Although I keep fit, my spouse is less fit, and I can see problems in the future.
Feeling relevant
miss the socializing and networking.
None
too many things to do. need to figure out your priorities on your own
harder to apply for credit cards
Miss some of my workmates and getting older and less physically capable.
Less social interaction.
Less social interaction with people.
Not enough money for everything. No value placed on experience....apparently, nothing happened before 1996.
you are getting older and health issues arise
Filling the 'work' hole effectively people thinking you have retired so you have unlimited time to help them
Have not come across any yet.
Miss the social aspect and purpose.
I don't have any really but occasionally I miss the mental stimulation of work and running large teams was an enjoyable challenge.
None, for me.
Need to have a purpose in life that was always there when working for a living
Covid and the Andrews government restrictions
There are times of inactivity which is boring. Losing the socialising that comes with working in a large organisation
sometimes bored
Poor health
None
Government interference
The challenge is to find things so you feel useful
You know time is running out.
Being treated as being an old man with nothing much to contribute.
None.
Nothing
Fewer interactions with people.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Nil
Getting slower - a bit more stiff in the joints - taking longer to get off the floor. Some aging health issues emerged such as prostate cancer - which was caught early and has been dealt with with no ongoing adverse consequences. But some monitoring every six months is required.
Miss the work colleagues
Losing the network of friendships at work and at clients.
Not really busy enough
Accepting that I'm aging and will continue to have to manage health issues.
none, except I am getting older too quickly
Getting older.
Loss of status as a Snr Mngr in HR. Also the move to a country town meant the loss of a Sydney property with status and financial value that it afforded.
See above - unsettled feeling for 8 yrs now.
Still fin myself very busy.
Growing older and slowing down
Boredom
Lack of stimulation, income.
Not participating in the positive aspects of work. Not being part of something bigger
reaching a age that does have some medical surprises that are harder to fight off
Watching the pennies
Lack of motivation
Not as much people contact.
No money
Lack of team mates in a business.
Loneliness , lack of health support , learning to cook.
A feeling of detachment from the business world (but one I'm not overly concerned about). The intellectual stimulation that comes from working and connecting with some talented individuals.
Too many medical appointments
None really but you need to keep yourself busy and active otherwise it could be boring.
Gradual health deterioration.
I love everyday of retirement. Except for getting old, and the knowledge you only have a limited number of years to enjoy it.
You have to be careful not to withdraw and become socially isolated. General social interaction is very important
You notice how shitty some people are.
Little pressure to do things now. More procrastination and time wasting.
As a new retiree, I haven't found any yet!
1. Waiting for your friends to retire! 2. A few more aches and pains !
The camaraderie discussing the weekend events on Monday and Friday drinks. The bits in the middle I dont miss
Old age, tick tock.
Keeping my volunteer work to a level I am comfortable with. As the level of volunteers decreases there can be an expectation that the current volunteers can do more.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Who to have lunch with.
Time is such a precious commodity ... daily ... and in our life time!!! All day to do "nothing" ... and no time to do "anything".
As mentioned in 1,missing the occasional challenge or pressure. The camaraderie of fellow workers. If not monitored, the worst aspect can be losing your physical and mental edge.
having less social interaction with work colleagues, and seeking the results of my work
Knowing it can come to an end at anytime due to poor health - no control over this.
winter
losing social contact with work colleagues
Inability to add to investments in downturn, some lack of focus
After working for 40 years hardest part is transitioning from the need to achieve everyday to learning how to relax and enjoy retirement.
Just getting older and some decline in physical skills.
realising that ageing is affecting life style
Not much other than occasional search for an activity
boredom
Pandemics complicating travel. Uncertainty in financial and geopolitical areas. Being out of sync with friends and family who can't retire.
You know your days are numbered !
Some loss of interaction with portions of society loss of friends of long standing
Too much emphasis on meals & drinks
I sometimes miss the camaraderie
I am ageing and more conscious there are fewer years left.
I honestly can't think of any downside at this stage of my life.
Loss of the incidental social contact which work gives. One has to consciously put more effort into maintaining social networks.
Not working
No income.
Loss of sense of belonging to the cohort I was previously a part of. As a mate said after I retired: "You are no-one now". He was correct in respect of the industry I was in.
Procrastination. With no deadlines, lack of sense of achieving takes some getting used to.
adjusting to a reduced spending habit
The temptation to sit around doing nothing
Seeing a narrower range of people. Missing the banter regarding markets
Loss of any status previously enjoyed. You are irrelevant in the working world unless you're buying something!
boredom
Sometimes get bored
Missing the social interactions at work. Other than that no downsides
not contributing the value to the workplace; no employment income
current sharemarket downturn is emotionally and psychologically challenging
Can't honestly think of any.
Concerns about savings

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Being old and less physically active. Still having to see politicians of all persuasions in the media crap on about business and employment when most of them have no experience.
none really
lack of workplace camaraderie
Nothing
The share market
Can't think of any
Medical appointments
Not being as active in the workplace and losing usefulness
None I can identify
Lack of admin support.
Being more aware of each dollar going out the door, and guilty feelings of taking my medical talents off the table.
Enough but reduced income due to halving of super payouts, Covid restrictions.
Not enough time!
Covid restrictions. Worrying about allocated pension returns.
None
Avoiding naps.
Not having someone to call for help when I have a computer problem.
Unstructured. Need to ensure I don't waste time.

#### Q6 Do you have any tips for people approaching retirement?

Develop outside interests a few years in advance and let them slowly take priority. If possible maximise super contributions, especially salary sacrifice, as it will be your best investment for peaceful retirement.
transition the number of hours worked per week. Part time preserves your working life (and your sanity)
Plan work exit, and execute. Design home life to deliver on opportunities retirement offers. Make sure you have enough money.
If possible try for a transition over a year or two. Have a good financial buffer for unforeseen circumstances - be it income down re returns or health costs etc
Do it earlier, even if you have to compromise your living standard. Cut expenses and have the time to yourself
Start ASAP - no-one ever says "wish I had worked longer".
Keep saving. Life is very much more expensive than you expect. Think private health, expensive doctors, family events, hose maintenance etc.
Don't die. Make the SMSF work. Do it now. Later may not be an option. Keep busy.
Just go for it
No
Save before you do.
Know yourself. If you can't stop work full time, then try to work part time to adjust. Ensure you know your financial position unless you're eligible for the age pension

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### Responses and open-ended comments

Plan, plan, plan...
You have to have very comfortable home. Preferably with nice views. Think about how far you are from amenities such as supermarkets, doctors, hospitals, concert halls etc.
Pay off the mortgage before retirement.
Don't be scared!
Not really - we are all different but getting involved in the local community we have found rewarding
Ease out of it if you can by keeping doing some type of work, not necessarily in your main career/profession.
leave time to just smell the roses and enjoy nature.
Do as much as you can in early years while you are still fit and healthy
Make sure you have a hobby and an interest outside of work. It doesn't take long to loose touch with work mates and the work environment. Learn something about finance. There is a hole industry out there waiting to get their hands on your retirement savings.
From my experience I would say that you need to ease into retirement by doing some part time work or some activity that you enjoy. I found that initially going from 50-60 per week for full time work to nothing was difficult. When I was working I never really enjoyed taking holidays beyond 4 weeks.
No. Everyone needs to do their own thing.
If you're happy working keep at it but be mindful of how many "good" years you have left!
Gradually cut back days so you slowly start to remove yourself.
Be positive. So many things you can do. Make a list of things you want to do. List them as must do, should do and could do
Plan what money you'll need then add 50%
Make sure you are ready financially Make sure you are ready emotionally You will know when you are ready to leave the world of work behind
Never give tips, no one believes anything until they experience it so go out an experience it first hand.
Don't believe that you will be able to live on less. Have a big enough nest egg under you.
Need to manage the fact that you be an annoyance around the house for your wife.
You need more money than you think,
Make sure you have money, social outlets and interests.
You must plan what you will do and not say just say you will travel. Travel only lasts for a couple of years.
get all the things you need sooner than later, you dont know how long you have to live, dont climb ladders, pay people to do what is too much for you. get an electric bed. ensure you live near a smart grandkid
Get all legal and health documents in order
get a few hobbies. make sure you have a good circle of close friends
involvement in a cause or gathering
Don't retire too early
Retire as soon as possible and do whatever you want to before your body starts feeling the strain of age
You should have started planning for it when you're in your 40s!
plan activities - write down what your plans for the coming retirement year are likely to be
Keep using a calendar (for a while at least)
Definitely plan something productive in your week. Gardening, volunteering, renovating or whatever helps maintain a sense of worth. Golfing and cycling are great but in my experience don't fulfill the need to feel productive in the long term. Also, if you are spending hours a day checking and researching your investments, just be aware that you are not doing it "for your retirement", you are making it your retirement. Which may be fine.

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try and have seem routine and some plans for how you will fill your day.
Take one day at the time and all fall into place in time.
save as much money as you can, because you will need it
Don't. The social aspect of work, the sense of purpose, can be hard to replace unless you have a serious set of interests or family to be involved with. Keep working - for many professionals it defines who you are.
Be open minded to continue learning new things away from where your career took you. Give back to community where you can & ensure you have a big enough nest egg that pesky market fluctuations aren't an issue.
Prepare! Look a few years down the track!
Get out and enjoy. "SKI".... (Spending the Kids Inheritance)
Be well prepared in case you can't choose the timing
Just do it if you can afford to...Life is short...make sure you retire debt free, especially with no mortgage
Plan to have an enjoyable and challenging activity
Make the decisions together with your partner if you are lucky enough to have one, about where to live and how to accommodate the priorities of both of you.
You need to break the work habit. After my wife and I retired, we went on 3 month world travel in year 1 and year 2. This broke the daily cycle which I found important.
Make sure you have enough wealth accrued especially in lieu of unexpectant impacts such as war, Covid, interest rates etc
Make sure you go at time of your choosing under your terms.
Make sure you plan your activities, holidays etc. It is far too easy to become sedentry
There's no magic moment or a time when one should retire
Have a wide range of interests , care for others and do not let the ` Old Person ` in.
You have to keep busy even in retirement. Busy people are happy people. Find some hobbies. Do some exercise. Lots of people do gardening which is what I do. I enjoy it and it keeps me fit. I also go for a walk in the morning. I enjoy being outside. I go to the National Parks a lot. I only spend limited time inside at the computer. You need something that keeps you jump out of bed in the morning. Something to get up for. Everybody has things they like. Pursue something you love and just keep going until the end. Don't sit all day in the most comfortable chair. Do something. It is good to have some regular social interactions too. Also do something to challenge your brain every day to hopefully keep dementia away..
Confirm financial independence wriggle room
Just do it It is wonderful being fit enough to still be able to travel and do physical activities Don't wait too long
dO ITDo it at a time of your choosing ,not by necessity, or the choice of others.
Pay off debt
Just do it!
Take up hobbies now, you wont start new things in retirement.
Have a rough idea of how you will use your new found time. Plan a few years ahead, its great to work towards it, setting your goals. Live within your means.
Join Probus
Plan finances well in advance of retirement.
1) Do it gradually 2) Keep interested and involved 3) By all means help look after grandchildren but beware of committing to a regular schedule. It becomes a tiring routine and grandchildren may start taking you a little too much for granted



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Do it in mid 60s. Speaking to lots of my older golfer friends when you hit 70 you won't be able to physically do a lot of things as well as before and health problems will start to set in-unless you are one of the lucky ones-but I don't like your chances.
Don't retire without a plan, I started planning at 18yo to have sufficient funds and a house where I wanted to retire
Find useful and meaningful things to do, things that give you satisfaction.
Develop other interests beside work. Plan your financial commitments and try to minimise any ongoing financial commitments
Decide how you expect to spend the free time you have. Give new things a try
It took me about 2 years to fully appreciate retirement. If you can do some part-time work or voluntary work for that two years the transition can be easier. Work on keeping physically fit. Make sure that you retain a significant circle of friends and see them often. Regular catch-ups over a coffee at a cafe works for me.
Look after your health in the years well before retirement and be financially secured.
Develop new interests, reach out to meet new people, go and search for interesting and useful activities to participate in the community. Nobody will come looking for you.
Think about what you are going to do
Ensure you make a list of things you want to do in the rest of your life. I'm still to take up fly fishing!
1. Plan ahead - finances, housing, social life. 2. Refer to point 1.
Start to PLAN your retirement - both financially & time wise, 5 years in advance. Talk to friends & specialist about plans - learn from them
Have meaningful goals beyond enjoying doing only what you want.
Plan and embrace the opportunity. Get your finances in order and educate yourself in how your retirement will be funded.
Don't let yourself get confused by listening too much to all the wisdom of third parties who have not retired but want to give you advice what you need to do. Do what you want and think is best for you. Whether this is gardening, cycling cooking or tinkering with electronics or SW development does not matter as long as you and your partner give each other some free space and enjoy the majority of time together. Eat together speak to each other, enjoy your company. Happy days!!
Understand your finances and plan accordingly. After the first 6 months adjustment, plan your future
Think about what you want to do, but take some time for it to evolve rather than rush into new commitments. Have some contingency in your finances - don't cut it too close.
Talk to people who have retired. Transition. Educate yourself on potential pitfalls.
Stay working as long as possible
Adjustment can take some time
Do the homework regarding the funding of retirement.
Work out what you really enjoy about your current employment and do it on a smaller scale
Save and invest as early as possible.
Stay active in some role, either with sport or social activity, or volunteering, grand parenting, or in casual paid work - as these all add some structure and timetable to your week. Don't waste your days laying about or watching TV. Get out and about in some form and enjoy the freedom you have worked hard for!
Don't stop work completely unless you have no choice. Keep you options open to continue working part time and take your time transitioning to full retirement. For most people, if you think you have enough funds to retire then you probably don't have enough funds without compromising your desired lifestyle excessively.
Make sure you have enough money and maintain social and family ties, have some interests and keep fit
Corporate employment can deskill you for a life of independence. Approaching retirement pick up some individual skills that would enable you to pickup short term but well paid contract work.

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Make sure you have some diverse interests
I took advantage of the pandemic to really scrutinize my spending habits and budget. I realised I didn't need as much money in retirement as I originally thought and therefore was able retire earlier than planed.
"Maximize your superannuation. Make sure you have plenty going on in your life outside of work.
Plan carefully & don't leave it to the last minute.
To each his own.
Address the mental wellness aspect as a priority along with finances.
Plan a long time ahead. Invest well so that you have more than enough to live in case markets misbehave.
Dont stress over the income drop
Pay off your house and top up your Super. Plan lots of travelling before you are in your 70's
Buy new stuff if required like fridges, cars, washing machines etc. they are expensive when you don't have an income coming in
Look to your superannuation, because that will be the foundation on which you can live a comfortable life.
Plan ahead. Visualise your activities. Become a volunteer in your society.
Plan ahead
Gradual if possible Ensure money flow is more than adequate for what you plan. Think carefully about what you want to spend your time on Ensure you have friends or join a group to make new friends Volunteer using your talents
Salary sacrifice. Being financially independent removes a huge worry.
Start engaging in hobbies, social groups , volunteering before you retire to ease the transition
Do it asap so you have time with best health and opportunities
Transition
Plan ahead. Have a safety net. I have super for 20 years with a moderate income but also 2 properties & own my own home. I'm not frightened to draw down later on my home. Can't take it with me. Stay young don't think old.
Get a sport, interest, to carry on with vigour. Sort out your parents Go to financial management courses/seminars plus economic policy guidance Keep investments simple
Keep in touch with your friends and family. Try to minimise debt before retiring, if possible. Have a go at a new interest, meeting new friends and contacts in the process.
Well, ask yourself if you have a hobby? If you consider volunteer work? Look after your grandchildren, educate yourself further,
start a hobby
Save as much as you can while still working. If you have had a job where you work long hours, try going part time before stopping altogether. This will help with the transition.
Have interests you really enjoy. Eg. My membership of outdoor group with many activities. I found it difficult to find a meaningful volunteer role due to my travel activities as many rely of frequent and regular attendance say 48 weeks per year.
Plan well in advance to ensure you have a good financial support system, and approach the event in a positive manner
be realistic about your expenditure
Become exposed to stock market investing (even in small way) ASAP. Join as many local activity groups before retiring (e.g. local politics, service and community interest clubs, Aust. Shareholders Assn.,Sporting Clubs)
Work out what your interests are and connect with people with similar interests.

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BE PRO-ACTIVE. Don't be a burden on others because you didn't arrange wills and get rid of excessive possessions
Men are bad social animals, ring people, make lunch dates. Must have people.
Try and transition imo. Retain some interest and currency in what you've done for the past years - (unless you really hated it I guess!) It's not a bed of roses - but pretty close!!
embrace the change and make a better place to live for yourself
Wind down your spending as you near retirement to see how much money you can live on.
Look for volunteering opportunities
Don't do nothing. Find things to do regularly even if they are very minor
Keep yourself motivated Step outside your comfort zone Keep learning
Be active and consider, there are many more people around you who may need assistance.
If you are financially able, go ahead and retire and don't worry about how to spend your time.
Plan to ensure you have enough money to fund your retirement. Have no debts.
Plan. Fortunately there a many who provide valuable volunteer Services
I tried to scale back from 5 days a week to 4 days a week but the project work kept on coming even on my days off. The scale back didn't really work but still got a pay cut.
Plan and write your lists and then talk to those you know who have retired from your particular field. Think carefully about what you WILL do and then judge if this is practical for you. Visualize yourself as a retired person and then think about your lists of to do's and consider how practical they are depending on your health, finances, spouse's thoughts and aspirations
Join/ contribute to something you enjoy at least 2 years before full retirement. try different things/groups etc . do different activities to your partner
If your job is not physical, take time off to be active while you can, and return to work later if need be.
Make sure you have enough money to avoid having to deal with Centrelink.
plan ahead and engage with your hobbies and any planned volunteer activities. Work part time near your retirement. Have a financial plan.
Make sure you have interests, hobbies and social outlets.
You need an interest
Good to have interests and friends.
Don't delay it .
Retire early while still fit mentally and physically.
Most people overestimate in their minds just how much money they need to retire comfortably. Whilst its not a small amount, its not a billion dollars either, so don't put yourself in an early grave trying to achieve a level of wealth that's unrealistic for the actual lifestyle you intend to live
I strongly favour tapering into retirement: gradually reduce working hours and take on outside interests over time. Don't make a step change.
Plan to ensure that you have things to do in retirement. If you having nothing to fill the vacuum, you will become bored and depressed.
Staged retirement. Keep your friends, Do not go to live elsewhere, especially coastal holiday place.
Plan a specific date and stick to it so you have a date to plan for and look forward to.
You will have time and opportunity to spend more in retirement than working, so plan for a larger income in retirement.

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Try all sorts of activities and see what they lead to, even hopping onto a bus into the city and wandering about or into an art gallery, museum, major library or park, and see where that leads you. A coffee break in an attractive setting, reflecting on life, enhances the experience!
Save
Have a plan.
Engage in activities you find meaningful and purposeful
Plan and have other interests
Have a plan to fund your retirement. Have a plan for what you are going to do with your time. Try to have a structure to your day and your week.
Don't feel guilty of just taking it easy and do not be pressured into doing things you don't want to.
Prepare for what you will do on the Monday morning of the start of your retirement.
plan for it enter it slowly be sure the time is right for you
Easier if a phased retirement retaining some employment
Try to design a glide path of gradual move to no work. Secure some part time activity before making the jump. Retirement (even an active one) doesn't have to be expensive. Guard against relevance deprivation. It is not speed that kills, it is the sudden stop.
I went to my first retirement seminar when I was 30 years old, not when I was 60 years old. Since that day I have been able to plan backwards from my planned retirement at 60yo. Unfortunately I had to medically retire at 57 but the plan was in place
<ul style="list-style-type: none"><li>- plan to stay fit and healthy, make it part of your regular daily routine: as they say "use it or lose it"</li><li>- find things that you love to do and do them</li><li>- work on your financial literacy, it helps you stay in control of your finances</li></ul>
Transition to retirement and develop some interests and hobbies
Have a plan
Don't go cold turkey from all work. Gradually decrease your hours. Always do some sort of paid work.
Plan it. Engage in leisure activities or charity work.
It's your time. Spend it on things you want to do.
If you have prepared for it financially then make sure your activities provide stimulation for your mind and exercise for your body
Keep yourself busy especially volunteering with a purpose. Keep yourself fit. Enjoy sleeping in some days. Walk the dog daily. Make sure you have enough money to retire comfortably without worry when the economy goes bad.
Have a plan
Save and keep positive
Engage a financial planner even if it's only to ensure you are on the right track for retirement & the future ahead. Ideally educate yourself about your investments long before you retire. If possible go from full time to part time work to ease into retirement.
Reduce work time gradually, don't go from full time work to none.
Don't worry about how to fill the time. Ensure you have enough retirement savings to do
Relax you can always do it tomorrow
Natural eating (no medicine, and alcohol is not medicine). Natural exercise (including climbing, swimming, jumping). Natural risk-taking (physiological, mental, financial).
Find something to do , keep active , go to gym , meet new people , have a plan and stick to it
Read as much as you can on the issues, especially on funding and relationships. Having enough income helps adjust to the obstacles that will come sooner or later. I found 'The Barefoot Investor' an excellent guide to investing and it summarises my attitude after 40 plus years of investing. One of its concepts is to support charities as an integral part of your expenditure.

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### Responses and open-ended comments

Think about volunteering.
Transition slowly and have a hobby/rec activity as a focus
Learn to budget
Engage a financial adviser to plan your "portfolio" and mechanics of implementing a structure that can provide optimum financial benefits from the opportunities available
Plan your activities and prepare a budget. Take no notice of what organisations like AFSA say about how much you need. Build a budget based on how much you want to spend and assume a 5% return. Find an advisor you feel truly comfortable with and pay for good advice.
Contrary to the normal advice - I'd say don't overplan. I certainly didn't as I didn't intend to retire when I went on Christmas holidays but at the end said to my wife 'for the first time every I don't really feel like going back to work (I loved my job). Look for opportunities to do things you haven't done or have not been able to do while at work. Build new social networks (mine comes from the community transport volunteering).
Read everything about planning for retirement - Noel Whittaker, Scot Pape and start young don't leave it until you are close to retiring. Join the Association of Independent Retirees (AIR) a national not for profit organisation advocating for those funding their own retirements. Do your homework - life in retirement can be cheaper than working life. Investigate where you live and why - no point spending huge money on a house and not having enough to live comfortably. Stay healthy so you can enjoy retirement - being a healthy weight and basic fitness extends your life and your enjoyment. Travel is easier if you are fit and healthy. Don't plan to retire and play golf everyday unless you have a plan B - what if you can't play golf because of injury? Bad weather? Don't become a slave to your children and spend your retirement looking after grandchildren at the expense of keeping in contact with friends.
Prepare financially to the best of your ability have confidence in your decision and know what simple things in life you enjoy and do them it's your time do as you wish not others expectations.
Do your research regarding finances etc. Have a plan. Try to transition rather than a quick stop. Be fit and healthy.
Do your sums, have a good think about what you want to do with your time and perhaps even scope out/make contacts before you make the jump. Alternatively try Transitioning if you can.
Make sure you have activities to keep yourself occupied as much as possible.
Try to ease into it. Think of it as a new JOB slowly settle in and don't be to precipitous.
Wind down. Keep fit
Think hard about the things you enjoy doing and doing them properly. Don't be afraid to try new things. Look after your health and keep moving and regularly stretch yourself, both mentally and physically.
If you have not already done so make absolutely sure that you are fully aware of your total financial situation, if not get yourself up to date with all regulations. Many institutions can provide a good starting point.
Unless super balance is very large try to continue part time work for a few years. This has advantaged me more than I realised at the time.
Put some effort into planning
Make sure you've paid off the house and can generate over \$100k tax free income per annum and then enjoy!
Take things slowly. Don't rush into replacing work
Know how much it costs to live while working and aim for close to that in retirement. Enjoy friends and family and newfound options
Plan ahead both in what lifestyle you want and how you will achieve it and fund it ongoing. Put money away for your travel aspirations.
Make sure you have enough money.
Retire at the same time as your partner.
I'm not in a state of mind to advse others

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Have a list of activities and "things to do". Transition from full time to part time if possible with employment or self employment.
Get involved in other pursuits before retiring and not in the midst of a lockdown pandemic
Try and do it gradually at same time recognising employers will try & get you to maintain all ancillary roles in fewer hours expecting you to do more unpaid work
Save before you fully retire
Be sure you have enough funding to afford the retirement you want.
Do not think of retirement as just that short time between work and death. It can be a wonderful time of our life. We just need to re-invent ourselves. Our focus needs to be on mental and physical health, rather than career and building assets.
Make a plan and potentially start an 'interest' that is viable in your senior years
Plan for retirement a few years before, so that you have weighed out your options and make preparations. Finance is the area most covered but it is truly dependent on what you want to do with your time. Focus on family, health and spiritual areas.
Life is too short, so do it while you have your health, sound mind. You can always find something to do. Even some trading if you have some spare disposable cash.
Salary sacrifice as much as you can.
Build your super
Transition into it. Develop a hobby's and interests before retiring
Make sure your finances are good. Get out of debt as quickly as possible and start compounding your money.
Retire early if you can
do it and forget you ever had the restrictions of employment
Certainly consider transition to retirement via part time work if possible, and ensure you have a financial plan.
Do not get old.
Take an interest in your Super (now!). If you do not have many interest outside work, start looking for some. If possible scale back work or start taking Long Service on half pay, short term retirement also has economic benefits.
Unless you will work part time, develop some hobbies before you retire
Experience things like overseas travel early before health issues arise.
Take it as it comes. Be frugal, look for value in your spend. Remember there is still much to smile about.
Put together a lifestyle plan - cover family social activities unpaid work health and last if you are lucky finances Stop doing activities that cause any stress...look for synergies across activities.... Share it with your partner & family.....and then implement and review
plan for it.
Plan ahead. Once you've spent say 25 or so years raising your kids, it's about the time to start making some serious plans about retirement.
Salary sacrifice as much as possible. (The govt will assist as a low income person) Consider selling home and moving to suitable country location, then invest proceeds in a suitable fund.
Use it, or lose it. A good life is the attitude you bring to it. Every day is in your control - good or bad. Stay fit doing some form of regular exercise, eat a balanced diet, stay involved and connected to friends, family or acquaintances. Try and learn something new each day, no matter how small. Manage what is in your sphere and don't fret or worry about what you can't control or change. Stay informed and involved with your financial position.
find enjoyment in what you do
watch out for financial advisors - they will tell you anything if it makes you feel good. Keep working as long as possible. If you have to rely on a part old age pension - you are fucked especially if

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one partner dies after retirement. You will need a lot more income than expected.  
CPI is a financial cancer on your life style.

Plan for it and do it gradually

Pre retirement, start doing or learning things of interest that can be expanded in retirement (musical instrument, bridge, crafts, etc)

Plan activities such as joining clubs, community groups etc

If you have your health and the love of those you wish to be loved by then you have more than most. If you have those first two then your time and available income are the next most important elements in retirement. Hopefully you have plenty of free time on a daily basis to choose what you wish to do with it and many years of it. As far as finances go my number one tip would be to not rely on pensions as part of a retirement plan, they are only a safety net for those who need them which unfortunately is most but I believe that is slowly changing as people become more financially literate and markets open up and become easily accessible to more participants.

This is my plan and I work outside "the system" so will probably be shouted down by the professionals as being high risk and impractical for most- -- well yes they're correct but it works for me. When I was 27 I bought my own business and decided to work outside the superannuation & smsf system because I believed it would be continually tinkered with by government and I didn't want to wait until retirement age to access my funds. I weighed this up against tax efficiency within superannuation vs what I thought my chances were of outperforming super funds. I liked my odds and time and the market have been kind , I have outperformed super by about 5% per year since 2000 when I started investing. I learnt during the Asian crisis and dot- com bust what a recovery looks like. I was lucky enough to not participate in stocks associated with either of these bubbles but applied lessons observed to the gfc . I sat on the side lines for a long time until I felt the worst was over and started to dollar cost average my way into the market every month come what may for the next 31/2 years until I ran out of investable funds. Hindsight is a wonderful thing and by a fortuitous stroke of luck this part of my investment plan was implemented in April 2009 , virtually coinciding with the market bottom, sometimes you get lucky ..... and sometimes you get really lucky. I'm not retiring a multi-millionaire but I have enough for me , and that's where most come unstuck , not unreasonably they want more than enough or spend more than their available funds or both. Retirement is no different to you're working life -- what ever your income source, spend more than \$1 of it and you'll be forever poor, spend \$1 less than your income and you'll be forever rich. If you are fortunate like me and can live off dividends and not have to draw down on capital then you should have a growing income stream for the rest of your life. I've lived through several severe market draw downs and my experience has been that dividends do not drop anywhere near as much as the market. I just have to adjust my budget and expectations in line with my current income, even in retirement--- just the same as in my working life. Unexpected expenses, bills , loss of job/income and cashflow crunches don't change in retirement. In retirement I am 100% stocks which no financial professional would or prudently could recommend. Holding property direct is more than I want to deal with and even though property at times (10 year periods for example) can outperform shares , over the longer period ( 100 years) stocks have the edge and that's where I want to be. Bonds long term ( remember I'm talking 100 years again) have chronically underperformed the market and I have not interest in them for preservation of capital as I'm quite comfortable with market volatility and I never sell during a downturn but instead buy with varying degrees of success in " market timing" even though it's actually more the economy I'm timing because like everyone else I have no idea what the market will do but I know it will try to anticipate the direction of the economy. Fortunately my generation should have a long retirement (30+ years) but I don't measure my investment time frame by that , I measure it in the time frame of my heirs and that is 100 years + . My time frame is one of inter generational wealth and over that time frame 100% market investment makes sense to me. I've taught all my children to invest in the market and hopefully they will pass on that knowledge and discipline to their children. My retirement wish is to pass real wealth to my heirs and enjoy a fulfilling retirement. I realise that divorce, sickness, black-swan events and foolish recklessness may wilt some of the seeds I've sown but perhaps some will grow strongly , I will never know. So what's my tip? Have a plan and with perseverance, discipline and a bit of luck thrown in you should to some degree be able to fulfill or perhaps even exceed it. Here's my waiver- I'm mostly invested in index funds with some sector funds I think will generate alpha ( or at least very close to market returns in a worst case). I rarely buy individual shares unless I think I've found a no brainer- which the market doesn't throw up very often and most often simply reinforces the lessons of why low cost index investing allows you to beat most professional active managers over long time frames, assuming they're in business over a long time frame! I never sell because the market performs poorly , I only sell if I think a business has performed poorly over an extended period and my investigations and reasoning suggests

the financial outlook of the business is unfavourable or untenable. A business can be an individual stock or a fund manager and both will have periods of underperformance sometimes for valid reasons, sometimes not. The Stockmarket is a get rich slow scheme, you are not likely to become spectacularly rich from it, it's possible but not very probable. The Stockmarket is a great place to appropriately allocate and grow funds for the long term to benefit yourself and others you wish to benefit from it.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

<p>You can't successfully get a job by blindly picking a company and not knowing anything about it or understanding it's business.</p> <p>You can't successfully pick a stock/ etf/ fund by blindly picking a company and not knowing anything about it or understanding it's business.</p> <p>You can't expect a successful retirement by blindly wandering into it-- do you see the parallels???</p> <p>PPS . Yeah I've heard the stories about monkeys and dartboards. I've got a dartboard but no monkey.</p> <p>We can only use the resources we have available to us.</p>
<p>Plan, develop a broad range of interests, involve your spouse and be mentally flexible, some of the most fulfilling aspects are unforeseen</p>
<p>plan and have outside interests other than work</p>
<p>Retire while you are young enough to do the things you always wanted to do. like travel, Mountain Bike orienteering etc.</p>
<p>Plan carefully, especially your social life. This is very important to the quality of your life in retirement. Everyone looks out for the financial aspects anyway.</p>
<p>Hide your assets</p>
<p>Make sure you have enough interests to be you occupied. I am never bored.</p>
<p>I think its obvious you need to get to the point where you don't have to think about money then you can do anything</p>
<p>Plan carefully, because earning money does make a big difference to your psychological state ... feeling free to spend / give money ... make sure you have enough to satisfy your individual lifestyle.</p> <p>Pay off your debts before you stop earning. Diversify your assets.</p> <p>Keep sufficient cash in reserve for 1-2yrs downturn.</p>
<p>not really</p>
<p>Look forward to it and enjoy new learning experiences</p>
<p>Make sure you have a good handle on current &amp; planned expenses.</p>
<p>If possible make sure you have paid off your home and have no debts.</p>
<p>Work as long as you can while you are enjoying it. You are retired a long time and there is no going back.</p>
<p>Gradually ease out of work if you can</p>
<p>Plan projects that you enjoy... could be a charity.. travel... stamps whatever... but have a plan</p>
<p>Have a job that allows tapering or return to part time work if needed.</p>
<p>Make sure that you have interests outside of work. In the past I've seen people retire and then come back to work a few months later because they were bored. Also, don't tell anyone at work that you are thinking of retiring because they will stop giving you interesting work.</p>
<p>You need to plan your retirement as carefully as you did your working life.</p>
<p>Make sure you can afford it, have plenty to keep you busy and always have something to look forward to.</p>
<p>Make sure you pour as much money as you can into your superannuation. You must plan to be self-funded for 30 years or s</p>
<p>probably stay in employment as long as you can PARTICULARLY if you like what you do</p>
<p>Do it as soon as you can.</p>
<p>Do it early if you can</p>
<p>assume no pension, etc. and plan for 10%+ inflation rate in the necessities of life, save and take an active part in your investments as fees and charges and below 10%pa returns will ensure poverty in old age. Warren Buffett says no fund manager outperforms the long term returns of the S&amp;P 500 index (about 10%pa on average since 1926)</p>
<p>Needs before wants. See to your Super and pay your house off pre retirement. Choose an appreciative well mannered partner. The exotic world is now all here in Australia - see where they all came from free on TV in the comfort of your own home and don't die young of Covid/ flu in their undemocratic countries. Live simply and humbly, with plenty quietly 'in the bank'.</p>
<p>Put your own money and ideas into your retirement from an early age.</p>



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Yes , just learn to become yourself entirely .
Retire while you are young enough to do active things.
Plan well ahead and make sure that work is not the only one activity that you enjoy.
Try to be without debt or make arrangements to make it happen soon after.Learn to cook and clean the house. Be prepared to de-clutter. Get financial advice if needed. Start looking at the share market at least 10 years before retirement.
enjoy life
Budget carefully and spend realistically
Ease in gradually if possible
No
Keep fit
Plan to exercise, join a gym, meet with mates for coffee one morning. No more than 4 hours work a day on stuff round the house. Go away a week a month. Have a drink with friends a couple of afternoons
Ensure you have a passive income to meet all your needs,you don't need much.
Have so.e plan about what you want to do and how you will fill in the time. Dont be like me and get caught unawares by redundancy.
Think carefully about when to retire. Some people miss work and become bored because they find a replacement when they retire. Others retire early without enough money or the necessary money management skills to enjoy a long retirement in comfort.
Make sure you have activity planned.
Just do it
Develop hobbies and interests Start saving for retirement early and maximize super contributions.
Don't go cold turkey. Remember stuff you wanted to do in your teen years. Leave the alcohol, drugs, cigis etc. to the young people. Keep doing stuff.
Work until you are ready to retire - don't be influenced by age or others
Have good financial advice.
It will probably be OK
Try and prepare by having a good think about what it is you would enjoy. develop other interests. make sure to take the opportunity to join and enjoy new company and friends.
research and be prepared to take up new activities. Never played bridge before but now have played in comps overseas
only retire if you are unhappy or sick
Develop interests and network outside work.
Look at your finances
Save more in the past!
It won't be as glorious and you think but it will be better than being at work (usually).
Plan, prepare and enjoy. Remember that you will live longer than anticipated.
If you haven't normally budgeted, start doing so. Get an independent financial advisor. Get rid of any debts, if you can.
Ease up gradually from full time work. Work part time if possible. Have some clear plans for spending your time.
Think about what you are going to do to maintain physical and mental activities. Don't assume that someone else will help you.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

you job title is not who you are. enter the final quarter with a spirit of enquiry, stay fit and healthy in body, mind and soul and kick with the wind
Yes, make sure your voluntary contributions to super as are as big as you can possibly manage and get the tax savings that come with it. For many it's like receiving a 10 to 15% salary increase if you can live without that money for a reasonable length of time
Transition so it doesn't happen suddenly and make sure you have plans about what you want to do in retirement. And analyse your spending habits as you near retirement so you are clear about how much you really need to live the life you aspire to when retired and plan accordingly
Be sure you have a lot of interests outside just "working for the man".
Gradually wean off the workload and still try and maintain independence
You need to prepare well before retirement both financially and socially. You need some sort of hobby or interest & possibly multiple ones that isn't work.
Ensure you are financially well off
Just the obvious - keep fit and healthy - stay active and certainly don't retire your brain.
Approaching 50's be ready things can change suddenly. Start realigning your personal wealth portfolio to ensure you have income generating assets. Cash flow is king.
Keep active and involved in community and with family and friends.
Yes, if possible have hobbies, have interests outside of family and your job and the social network associated with work as it changes after a few years away from the office.
Keep active and involved in community and with family.
Keep as fit as you can, and remember that alcohol will pickle your brain and can encourage dementia.
plan what activities you will do in retirement .If possible transition through partial retirement rather than sudden total shut down of work
plan as far in advance as possible. establish relationship with qual. adviser [if assets permit]
stay involved in what you like and can contribute to have plenty of projects
No two people are the same
Manage life expectations well in advance of retirement so that the transition is seamless. Line up other things to do that don't cost money.
Make sure you have the credit cards you want or similar as it becomes much harder to change banks when you are a self funded retiree even if your assets are in the millions.
Plan for it throughout working life
Approach gradually - reduce working week to 4 or 3 days before fully committing.
Plan ahead so that you have something active and stimulating to do - not just golf occasionally or walking the dog. If you just sit down in a chair (or at a holiday resort) and do nothing, you have set yourself on the downhill slope to losing muscle tone and mass, and losing brain sharpness, and consequently aging rapidly.
When you work you make a significant effort to generate a salary. When you retire your investments/super will provide your "salary". It seems reasonable to make an effort to understand the retirement income system and your investments so your "salary" is reliable.
Be prepared, think what you will be doing every day.
Exercise more in retirement, develop hobbies pre retirement which can be expanded on.
Plan , contribute to society, help others
Plan ahead. My retired brother-in-law has excellent advice. He says: "Keep trying new hobbies until you find ones you like." On a whim, I experimented making artworks out of beautiful, colourful fabrics. I've also taken some much admired photos and had them put on canvas. I found that creating things gives me satisfaction.
Be financially secure. Realise your day has been and gone and you are now irrelevant! Work out what you want to do rather than just sit around.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Plan what you think you will want to do and then try it. You will drop some things and add something else.
be organised
go at it slowly
Plan first if you can. Don't wait until retirement before planning what you would like to do and what you want to achieve.
Begin developing the breadth of your other interests early
Plan for retirement at least 10 years before to enable a comfortable lifestyle.
The expectancy of life (in retirement) is a further 20 years of living. Health is a pressing concern, such as becoming overweight. The second essential is to have a plan for the ensuing 20 years. Many say they want to travel. Have a financial plan to allow that, whether it be a modest caravan, or luxury cruising--otherwise the plan will be but a dream. The last is contingency. Who would have thought after the GFC, the world would be facing another critical downturn. The real estate lead up to 2021 saw conversations (ad nauseam) between Sydney folk on how much their house had valued. Who would have believed house values would drop in that city?
encourage people to do their research and make sure they are in a high performing industry super fund
Work out budget and some sort of activity schedule early and stick to it.
The well known one, have some hobbies you can devote your time to.
Find something to do that involves interacting with other people. Paid or not.
Prepare yourself financially, have a hobby or plan for work around the home, have a group of friends. have a good group of friends.
Go for it when you are ready as you don't know whats around the corner especially if you wish to travel or start new business venture
As much as possible, have a realistic plan for what will fill your time with worthwhile activities (and not just golf). Keep active, both mentally and physically (as health does become problematic for many) and contribute your time to what you consider to be some worthwhile causes. Financially, get good advice and stick to it (thanks Morningstar) and don't focus too much on short term market movements or sweat the small stuff.
Sort out where you want to live and make the move. It is physically and mentally challenging and gets harder as you age. Banks are easier to deal with if you have paid employment. Super is important but can be done after you retire and you will have more time to do it
Ensure you have a financial plan in place. Think about things you might do in retirement.
No I feel you just need to Do It and you will find your own journey - do what makes you happy.
Start planning finances and attitudes so you slip into a pattern of your choice, not uncontrolled circumstances you may find yourself in.
Look forward to it. Prioritise the better aspects.
Plan and practice.
Save as much as you can while you are working
Save and plan and be prepared to lose contact with workmates who are still working
Get your finances in order and update your wills.
Start thinking about what you want to do. Do you want to have the time for existing hobbies, or activities. If you don't have any, start trying things out and get them in place. Don't want to suddenly be left with an empty life and boredom.
Retirement is different for everyone, but think about how you will spend your day, and the next day and even for the next 20 years.. Consider daily golf for twenty years.. Really?
Treat the transition like a project. Be gentle with your resistance to change.
Do it before you are unable to enjoy it - still physically active.
Don't think you have to have a fortune in Super. Actually unless you have over a million in super, you are better having a combination of a few 100,000's in super and getting the age pension.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Dont worry. Things will be fine.
plan it out well ahead of time - know what you want to do for say 25% of retirement time then let the rest of the time take care of itself.
Plan your life WELL IN ADVANCE of retirement to make SURE that you can afford to retire. [with your Wife and family too!] And then do whatever you can afford to do while you retain the vigour and the interest and the memory-bank to recall and appreciate it all! Forget about unrealistic goals , enjoy anything and everything you are doing OR just don't do it ! Find something else worthwhile or fulfilling or enjoyable....and do that instead ! Volunteering appeals to many.....but I have done that all my life and have now pared-it-back to a minor aspect.....but it remains a CHOICE for me. Family becomes a paramount interest ! Grand-kids are so MUCH BETTER than your own kids were !!.....Oh yes ! Avoid curries , red-wine , laxatives and sleeping tablets taken together at bed-time ! Keep smiling...it makes you feel good and others envious that you appear to be having such a good-time ....and they come and join you to share it !! It's WIN-WIN.
draw up a bit of program of all the things you'd like to do and start ticking them off. Join a local group, be it walking, volunteering, mens shed, whatever.
Pick a date and pretend your are going to retire on that day. It will focus your mind on what you need to do, and force you to do the necessary sums, and give you an incentive to get things done. If that date passes without you retiring, no matter - you will still be clearer about whether you are ready to take the plunge.
Plan retirement financial well in advance. Be mindful of what you will do once retired.
Be prepared for some boredom amongst the free time
Consider a transition to retirement if possible
If you are feeling anxious about how you will be meaningfully occupied in retirement & may lack a sense of purpose, then consider a part time job (doing anything - does not have to be in your industry) or volunteer at various charities. This did not apply to me, but some of my mates did do this and felt that this was beneficial to them.
Spend a year or two transitioning and/or identifying and begin doing what you want to do in retirement.
Plan a list of projects you want to complete. Have your finances in order, check through them with a financial expert
Tips for approaching retirement include trialling different activities before you retire. Don't be afraid to stop something if it isn't working for you. Find a variety of activities for mind and body. Find social and creative activities. Find new activities and activities which give you a sense of purpose. This takes time and is work in itself.
Do it if you're not happy at work, continue working if you're happy.
make sure you have plenty of hobbies
Diversify beyond what you believe is diversified.
You need to start savings from an early age, best vehicle is via salary sacrifice if it is available to you.
Plan what you want to achieve. Get involved before your retirement commences.
You need to have something planned for each day. You need a reason to get out of bed. Even better if it is helping someone who needs you and will appreciate your assistance.
Quality is better than quantity, do the things you love or have wanted to do forever while you are young enough, later on keep active physically and mentally even if at a slower pace. Finally get the emotional stuff sorted with family particularly so they and you go on with a clear and calm conscience, a lot of us oldies get it wrong and the kids feel bad because they don't agree
Retirement is a time of opportunity to try new things. Don't simply continue with your present interests.
Make sure you have interests, hobbies, travel plans etc. If not, find some.
Do a financial plan at least 10 years out, set goals to achieve ....2, 4, 6 , 8 then the 10 years onwards will look after themselves with your management.
Find your own path, enjoy doing what you want to apply yourself to.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Have lots of hobbies and activities
don't retire early unless you have specific activities planned
Have a plan and revise as you go along. Over achieve if you can financially as this gives you more flexibility. Keep up with friends and stay as healthy as possible.
Connect with friends out of work
I started in my mid forties, so it is never too early to plan.
Pay off all your debt if possible.
Plan and volunteer in your local community
Make sure you have meaningful activities outside your job.
Don't over commit and enjoy everything you do.
Have multiple hobbies/ activities to spend time at.
It takes two years to adjust so expect different emotions at times.
Get busy in to other activities
You need to be debt free before you retire and work with conservative assumptions about investment returns.
Don't fear it - embrace it, but make sure you are financially secure.
Not really. Only by observation it seems many are unable to settle if they move from their long term location. We had no problem moving to a country village environment from an irksome city.
Every person should plan their retirement and look forward to doing what they prefer. Do not look back
Everyone's retirement is different. Do what you want to do in retirement, not what someone else wants you to do.
You are only limited by your imagination and drive. Even if your income is limited, there are numerous, low cost activities that you can get involved in. Doing activities with your hands is particularly relaxing and rewarding. As is socialising with like minded individuals from both sexes.
Don't retire cold turkey. Plan for it. For example, if woodworks your thing, make sure you live somewhere that either has a mensshed or equivalent, or space to build your own shed if you are downsizing
Try & gradually cut down your working days rather than just stop work.
plan it well
Settle all loans, strengthen family relationships and most importantly strengthen to the maximum spousal relationships
Take up some active pastimes and hobbies well before retirement
Save furiously using any means ( super & otherwise). Build awareness of what you want to do, interest wise.
Save as much money as possible in last decade before retirement. Money provides choices!!
If you can't replace the hours you work with hours doing what you want and like to do , better not to retire.
It helps if you are financially prepared, in good health, and think about what you would like to do & how you are going to get there. You never stop learning
Have interests and hobbies unrelated to work before retirement. Join Rotary, RFS, etc
Make sure you have interests. Help by volunteering in your community. Keep active.
Enjoy it
Get a hobby you enjoy as a family together - needs years to build
Stay busy, need things to be occupied with during the day, never sign up to be regular carer of grandkids (those who have get worn down and restricts a lot of adult contact).
Have a plan. Reduce work time slowly so as to give time to develop other interests. The idea of work flat out until 65 years and then stop is plain silly in my view.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

finish work when it suits you and your wife, hoping you have enough assets and income to enjoy life after work
Plan some long term projects/ activities
Ensure you understand your retirement income and protect your capital.
Retire gradually. As you free up time try lots of different activities and volunteer roles to find what suits you and is rewarding and appreciated. It can take up to 3 years to sort out your life post full time work. Make sure you have calculated your financial requirements post retirement and ensure that you have enough funds to finance your life allowing for sharemarket dips etc.
Plan and be well aware of 24/7 time is your own.
get financials right
You know when it's time pay off all your debts before you stop.
Prepare by diversifying and increasing interests outside of work.
Enjoy and keep active
make sure you have some interests to pursue and also keep fit and active
Just do it - it's a learning process
Plan ahead. Find ways to contribute such as charity work
Don't
If possible work part time as a transition to retirement
YES! <ol style="list-style-type: none"> <li>1. Do some dreaming about what you would like to do someday in case you find yourself having to retire suddenly. "Travel" is not enough - what are you going to do when the big trip is over?</li> <li>2. Reduce your working hours and days to gently ease into retirement.</li> <li>3. Do not sell up and move to live the dream somewhere else. Go and rent for minimum 1 year, better to years, in that place where you think the dream life is.</li> <li>4. More golf or tennis will not be enough.</li> <li>5. Do you really want to leave all your old friends and family to live the dream?</li> </ol>
Start planning what you will be happy doing when you don't have to go to work every day. Be prepared to change your mind, and be open to different things. Try and encourage your spouse/partner to do the same.
Make sure that you have more than enough assets to live comfortably. After several months of retirement, research volunteering opportunities in your community. Rest assured, this will provide you with much happiness and satisfaction. Stay/become fit and active.
Find a really good financial planner as early as possible and never delay retirement.
Prepare psychologically to find the lost part of you that was hypnotized by the social and cultural system over the past 40 years. The next phase is all for you.
Working part time gave me time to live life without the trappings of a high intensity job.
Have a transition to retirement plan. If it's possible to slowly scale down working that helps. Make sure you have activities that involve meeting with other people not just your partner
Embrace it. Do not be apprehensive of how you will spend your time. Find things that keep you busy (within reason) and especially have an interest that keeps your brain engaged and active.
Yep, save like stink, get good advice, spend wisely and stop watching the TV News about share market drops. Just do it when you feel it's right (following advice on health and wealth). Life is short and Death lasts for an eternity.
develop new interests
Need to have an activity that one is passionate about pursuing once the paid work routine is discontinued
Don't fear it. Embrace it!
No (other than start a superannuation fund as early as possible and contribute any spare resources throughout your working life and avoid divorce

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

See a financial planner years before you retire - that is the time to maximize your retirement income. Some people say they are too expensive but it could cost you a lot more if you don't see one.
Must have regular activities such as golf
Transition to retirement. Either cut down on the hours at your present place of employment (if possible) or work part time.
Plan at least one regular activity that involves social contact
Make sure you have enough doe.
<ol style="list-style-type: none"> <li>1. Have enough money</li> <li>2. Have little or no debt</li> <li>3. Have interests. You have to have a reason to get up in the morning</li> </ol>
Check your finances Plan the regular fun things you enjoy
Have a plan or plans for things to do or projects to commence. I intended to do volunteer work in the outback but covid put a block on that ( lifted now) but I ended up starting my little gardening service which keeps me very very busy. One has to be flexible, and find satisfying things to do.
Look for other interests during the final few years of work. Get involved in your community mor with volunteering. Keep learning something new! Join a club, whether a service club, U3A or do a course of study
have clear goals concerning what you would like, or are able to be achieved.
Do it soon as you can.
Don't neglect to put money into Superannuation..
Prepare to deal with Relevance Deprivation Syndrome. Stay flexible - don't stay wedded to plans if new things emerge.
Think about what you would like to do well in advance and then work towards that goal
Retire to something. Do what you enjoy (work if u like it that much)
Plan for your retirement, especially do not rely on the government pension.
Layback and enjoy life
Do it with a gradual transition.
You need a plan of activities to fill in time available
Plan it well in advance, boost up your super as much as you can, have alternative investments if you can afford it, makes sure you have activities planned as many retirements fail because people get bored.
At the beginning - try & pay yourself similar money from your super etc to what you were origianlly getting than cut back.
You'll need more money than you think to feel as comfortable as you'd like
Enjoy it it's great
You don't need as much money to retire ot enjoy a simple but fulfilling life
It's too late to plan for retirement as it approaches. It must start much earlier with specific financial goals in mind and and a plan as to how to achieve those goals.
Find a voluntary activity to involve oneself actively
Stay active
Aim for the full Age Pension and a valuable cheap to maintain home.
Plan ahead, get good advice around Superannuation (contributions / access etc), aim to have all debts cleared (or at least at low manageable levels), plan to travel (now that borders are open) to all those places that you dreamed about.
Only retire when you are ready if possible. Plans are a waste of time. Let life just happen and enjoy the moments.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Make sure you have some passionate interests. Add your own money into super. Dollar-cost average over years. or bigger lumps if you have them. Pay off debt.
Bump up your super as much as possible. Do a transition to retirement if you can.
Maximise Super
The best tip is to stay as busy as possible, get involved in voluntary jobs for your community, try to learn something new from the many courses available at U3A, Manage finances based on longevity estimates.
Start planning your finances many years out. There will be occasional recessions, get used to the swings & roundabouts.
Get some good financial advice, simplify your financial situation, pay off loans, downsize.
Do it gradually
Don't wait to the last moment to do what you have always wanted to do. I have friends who left everything to the last moment and either died or contracted a disease that limited their plans
Don't sell your house and move into an apartment. Doing the garden during COVID lockdown preserved
Plan for what you want to do in your retirement, don't just plan financially when you can afford to retire. Many people stop work and have no idea how to fill in their time as they haven't thought about it.
Think carefully about what you really want to do with your time and set in place plans and activities for the first 24 months.
Have a plan, go as early as you can if you want to anything physical.
Endeavour to get as much money into super as possible...set budgets and stick by them to make your money last Do not retire with a mortgage...unless you are about to inherit soon after
keep the brain working with whatever follows work
Find a part time activity or occupation, whether paid or not.
Work out what you're going to do with your time
Have a variety of interests so that you keep your life enjoyable.
Do it. Have some activity that gets you out of the house every day. Slow down.
Be open minded and look at retirement as an adventure where you discover new activities to enjoy and people to meet by joining activities provided by local council and seniors groups or join a sport. Eat plenty of vegies and fresh meat and do some type of physical activity every day. Also give you self tasks each day to accomplish even if it is to weed the garden or fix something or complete a hobby.
Must have an activity plan and purpose for daily activities
Don` t stop paid work until you are forced to, but if you must retire lay out a 5 year plan at least but be ready to adjust as it is nothing like you expect.
make sure you have activities to replace your work BEFORE you retire
Keep your self flexible
It is really "Your" choice now .All that other important stuff is behind you now.
Watch Ash Barty interviews. Your `career` is what you did, not who you were. Be comfortable that you are trying to be the best possible person you can be.
Relax and enjoy each day as it comes
Practice, if you can, by reducing your working days/hours/income. Get more involved in community. (Join a community group and/or volunteer)
Plan ahead what you want to do. Don't retire unless you can financially afford to.
Plan a few activities, keep active. Stay married.
Make sure you have something to do every morning and the afternoons will take care of themselves.
Do not retiree if you are fit and healthy enjoy your work and contribute to our lovely country.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

<p>if at all possible transition into retirement so you can understand how you want to spend your time. You don't want to find yourself at home alone watching Netflix everyday!</p>
<p>Don't focus too much on whether or not you are financially secure enough to retire. A comfortable retirement doesn't cost as much as many people think.</p>
<p>do it early. Life is short.</p>
<p>Endure you have something in plan to offset the losses. Maybe ease into it - part time work.</p>
<p>Plan how you want to spend your time Keep engaged with work colleagues</p>
<p>Move to 9 day fortnight. Then four days a week, then three. Then job share. Keep your younder spouse working!</p>
<p>Be as well prepared financially as possible. Both in terms of financial investment understanding and a good a pool of funds to work with as possible.</p>
<p>Don't give up work if you enjoy it.</p>
<p>No</p>
<p>Do some financial planning.</p>
<p>Transition slowly</p>
<p>Plan well.</p>
<p>Don't just stop - taper off, either before or after terminating your permananet job.</p>
<p>Have a budget and plan how you are going to manage the super/pension</p>
<p>Plan ahead and be patient to transition and focus on benefits of new lifestyle and move on from work priorities</p>
<p>develop hobbies or interests</p>
<p>taking care of health issues</p>
<p>Plan, plan and plan.</p>
<p>You need to have a financial plan in place.</p>
<p>Transition to it, have a routine of some kind like gym classes.</p>
<p>Have a vision for life at 50, when you are 20. Then, act according to your vision. Do what there is to do.</p>
<p>get as much as you can into super salary sacrifice buy a investment property if you can afford it.</p>
<p>Plan it to some degree Be prepared to work it out as you go, rather than immediately solving what you would like to do Look after your health</p>
<p>Just make sure you have an adequate super balance to live the lifestyle you envisage without worrying about market dips.</p>
<p>If you have the opportunity, Begin to plan from about age 5. Plan what you want to do in the first 6 months on a daily basis. Work backwards and see how you can fund it. Then do a longer term plan..3 years so that you have an idea of month to month activity.</p>
<p>Have interests in place, have a good financial advisor.</p>
<p>Plan, transition if you are able.</p>
<p>No.</p>
<p>Make sure you stay busy and keep growing yourself as a person</p>
<p>Plan the cash. I commenced planning in my 30's to retire at 50 and be self funded. I'm now 72 and we are fully self funded not reliant on any govt scheme.</p>
<p>A budget, Establish a base of friends with similar interests. A big bucket list to put some definition into what you will be doing</p>

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Keep active, have hobbies, travel and don't sleep your good times away
Create a alternative income stream prior to the day.
Enjoy FREEDOM from paid SLAVERY
Start by reducing number of working days per week
Funds to allow for choices.
Make sure your partner is clearly on the same page about future decisions
Plan five years before target date, including - budgeting, what is the shortfall between annual expenses and current savings; where you plan to live and if staying put, do you plan to renovate, age-proof your place of abode? How do you foresee spending time beyond the initial 6 months? Grandchildren minding, volunteering, hobbies. Access a good financial planner if possible to help with your journey. Well-worth the cost and can often remove the worry of the financial unknown.
Try and keep working at least part time
Have a variety of pursuits to keep engaged and enjoy life. A variety is good to be able to pivot if circumstances change (eg overseas travel was curtailed during lockdowns, health may hinder some plans may have to change due to health).
Phase out of work progressively if you can.
Give more focus on health and monitoring for any signs of potential health problems. From 50 years of age I decided an annual checkup was a good thing. I wanted to establish some base line data in readiness for retirement and old age. Consider if the time is coming to move somewhere else. Eg closer to the coast; or closer to family. Consider if your current home and its location are going to work for you in retirement. Two level homes will not work for most people as they age. Homes remote from services are not going to work especially if driving becomes an issue. Consider how you are going to maintain your level of mobility and movement. What sport or exercise are you going to do in retirement? You need to do something. This is important for physical and mental health. Consider how you can give back and help support your community. Volunteer. Consider how you are going to fund your retirement.
Plan ahead. You need to DO something in retirement: eg farming, working part time for a local charity or the RFS or SES.
Yes. Keep a positive focus on your life.
Plan for it
plan ahead - list your interests - develop ones interests -
Don't just stop.
Your gut instincts help Besides the obvious questions of significant wealth to retire, and planning your activities. I personally used to stare out of my office window and watch the world move on without me. I was contained in an artificial construct wondering if this was how I was going to spend the rest of my working life.
Plan and plan and plan, even when still working. Save save save into super
Sort out your priorities in life
If male, keep occupied
Don't. Just transition your life phases/activities without giving it a label.
Not really. It has all be said by others before me.
Make sure you have enough spare in the tank for downturns
Maintain work involvement as long as possible, move into retirement gradually
Do it - don't plan it !!
keep on doing things, learn new skills, undertake new adventures, keep fit.
Have plenty of super

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Become continuously financially curious and educated years before retirement. Do not rely on Financial Advisers. Do not take out loans for luxuries. Put as much money as you possibly can to superannuation, both pre-tax and post-tax. Purchase what you need, not what is the 'latest and greatest', but still treat yourself to some luxuries... you deserve them from a long work life. Make your money 'work for you', pay excess into super, buy some quality dividend paying shares (and 'dividend reinvest' where possible), keep minimal money in zero interest 'everyday' accounts (transfer excess into 'bonus' interest accounts every month).
Plan the financial aspects of your retirement well in advance, if possible (ie what income flow do I need/want to fund my lifestyle). Have a plan as to what you are going to do. Use retirement as a chance to engage in new endeavours. Do volunteer work (a great way to be engaged with the community). Have fun.
Transition into retirement. Have a plan as to what you want to do in retirement. Otherwise it will be a shock to the system.
Plan
Put as much away in Super (maximum in our case) to be self funded!,because you won't get Govt assistance unless you are on "the Free Ride"!
Ensure a varied social life, across differing views.
Have a plan as to what you are going to do in retirement - hobbies, sports, projects, travel, volunteering etc. Preferably, starting these before you retire.
Be informed. Plan ahead. Live where you want to be and near family and friends and social activities. Make sure you have good infrastructure (i.e. doctor, accountant, solicitor etc). Have a the majority of capital expenditure (cars, white goods) done beforehand
Unless you are deeply embedded in your community (good on you), move. Move to a place that has nothing to do with work. Learn something new, something artistic like welding, painting music, something to feed your soul and replace what was leached away by work. Eat better, exercise frequently and fix yourself. Lose those kilos.
Do it sooner rather than later
<ol style="list-style-type: none"><li>1. Important to have a few hobbies you're interested and passionate about.</li><li>2. Put as much into super as you can in the decade before you retire.</li><li>3. Stay fit and healthy!</li></ol>
Travel business class if you can
Take it slowly - work part time - get into the groove of what you would like to do.
Step up and manage your life to get the best out of it.
Prepare a financial plan for each year of your expected remaining life, pay off mortgage a few years before retirement and accumulate super as much as possible, converting to pension asap. Become financial literate.
Make sure you plan--before you retire--what you are going to do with yourself the day after you retire.You can be retired for a long time, so plan ahead just in case you do live a long life.
Laugh more!
plan and set targets when you are young (or now if you are older), and monitor your progress.
Do it asap - you will/should be fully occupied & the time will fly by. It is a great time to let go without incurring a huge expense. Make sure you do this with a partner.
retire to something not from something
no
Make sure you construct a real purpose not become just another irrelevant senior, maintain your value.
Find a hobby etc you enjoy.
Make sure you have some hobbies, sports that take you out to mix with other people
Plan well in advance what is planned for retirement 2+ years forward. The 1st 2 years is resolving what to do.
Map a variety of activities, keeping some "me time" in the mix

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

dont retire reduce hours
Manage your own money to avoid conflicted advisors, to save a lifetime of fees and to minimise risk. The finance industry earns more when people are fully and constantly invested thus they are typically bad at avoiding market cycle risks. Few will warn you about the catastrophic implications of retiring just before a bear market and even fewer will successfully help you avoid one. We have benefited from a patient, contrarian style that gives us maximum control over our finances, rather than handing our accounts over to a busy advisor with hundreds of other clients.
Make the most of any simple pleasures and keep in touch with family friends etc
Plan flexibly things will change don't rely on the government not to change the rules
Take time to find your grove & don't commit to anything until you are sure
Just think you are changing jobs. You have to have a purpose in life. Don't think you are just going to enjoy yourself. Yes enjoy but make sure you are contributing in some way to help others.
Join organisations - clubs, Pobus, etc.
Consider what you want to do with your time. Hobbies, volunteering, study
I think it's important that you have, or intend to take up, a hobby or a sport or an interest that will form the base of your future spare time. Also, be open to meeting new people and enjoying new experiences. Don't refuse an invitation (who knows where it might lead?), don't let your current/past occupation define you.
Decide how you want to spend your time before you make the leap from work.
Plan as much as possible.
No.
Budget, then test your budget over three months. Then add 10%.
Figure out what is really important to you. Be prepared for priorities to change as you progress through retirement.
have interests other than work and network of friends make sure you have savings stacked away to cover a few large expenses as new appliances or even anew car or upgrade older items before retirement
If you love your job don't retire. If you want to retire make sure you have some strong interests or hobbies.
Plan well ahead. Discuss it with others - especially with spouse.
make sure you have something to fill your time and keep active
do it because you don't what's around the corner and when you get to eighty all the good years have past
You don't need as much money as you think you do. Don't worry about how you will fill your days, just enjoy just enjoy each day as it comes
Develop interests in things that you would do more of if time permitted because time is going to permit.
make sure you have a plan and don't just wake up the day of retirement and think what do I do now
get a plan well before retirement eg income and planned lifestyle expenses - plan to keep brain very active and body moving
Transition if possible.
You must have a plan to keep active and busy. Death rate for males within 2 years of retirement is very high and is something to do with not having something to replace the normal healthy demands of a career. Also many career people identify themselves through their work and position status. When that is removed some have identity stress. And remember chaps, she is boss of the home, don't lie around the place getting in the road of the vacuum. It's an OHS issue.
try to transition into retirement whilst holding onto paid employment versus a sudden stop
Plan, plan, plan. Not just your finances, but how to spend your time
IT'S LIKE MOVING HOUSE...YOU NEED A PLAN

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Try to transition gently so the change is not so abrupt. Consider a 3 or 4 day work week if that is possible. Have a plan for what you want to do in retirement and start to put it in place before you retire. Double check your financial position and if possible allocate more to retirement savings while you are still working. Start thinking about how it will be when you have no income from employment, and have to live off your savings only. That can be destabilising for some. Make sure you have realistic budgets and income expectations from your savings.

If possible go to three or four days per week before retiring completely

Do not over plan

Take up new hobbies but be sure to have some skin in the game.

Plan for more income required than amounts advertised by so called experts

Ensure some you have some passions outside of work, explore part time employment options

At least think about what you might do when you retire. If possible, phase down your paid work requirement to provide increased time 'off'. See what voluntary opportunities exist that suit your interests.

Make sure you plan for it: make sure you have something interesting to do after you retire, and don't just sit in front of the telly all day long. Get a hobby and stay active.

Prepare for what you want to be doing. Don't plan to 'do nothing'.

If you don't have anything better to do with your time, keep working.

Plan your retirement and read books on the subject.

Try and visualise what retirement will look like. Look beyond the bonuses of golf, travel and sleeping in and focus on the day to day things that will keep you occupied.

Be confident of your nest egg. Enjoy the freedom of choosing how to spend your time. And of course, do everything possible to be healthy which means being very pro active to prevent any Covid infection/s.

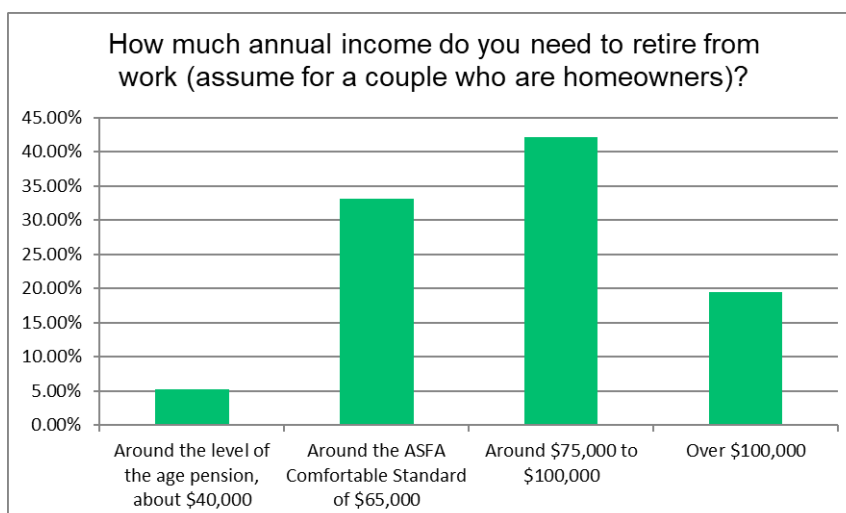
Nope.

Ensure your future income is sufficient. Invest in sustainable dividend producing shares. Get a dog.

Do something planned every day.

### Q7 How much annual income do you need to retire from work (assume for a couple who are homeowners)?

Around the level of the age pension, about \$40,000	5.25%
Around the ASFA Comfortable Standard of \$65,000	33.12%
Around \$75,000 to \$100,000	42.20%
Over \$100,000	19.43%



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

That excludes travel, on which we spend about \$60,000 a year. Cost of future health care is the great unknown!
More would be better.
We live a fairly simple life - no big holidays etc ..but do have a meal/breakfast out most weeks and walks + coffee. Plus health food shop makes up a large percentage of housekeeping
Find the local food pantry, we don't have private health, grow as much veg as you can, still kill our own meat. Happy to stay home and amuse ourselves.
Minimum
More better
The figure of 65k++ is rubbish. Don't need anything like that
If you learn to live within your means during your working life it will be like eating stew every day.
it very much depends on your lifestyle. If you intend to travel overseas for holidays then you'll need funds to live off or luxury cars etc
We can survive on \$65,000 a year we like to live on \$100,000 a year
At least we planned this way. In the years of travel we will need around 75K+. Afraid soon the amounts will change due to inflation.
With \$1M in super invested across various asset classes and owning your home assuming 5% annual return (pessimistic) with a retirement span of 25 years should allow draw down annually of \$70K in today's dollars. This could get tight in later years however discounting future problems to the present can probably be a reasonable thing to do.
Currently this is fine excluding overseas travel.
You need to have enough in the kitty to meet any major unexpected costs such as flooding or major illness etc
Work out what income you could generate yourself before seeking an adviser. Such as drawing all your super out pay the tax and do your own investing. Could save yourself a fortune in fees and charges .
This is very subjective as everybody has their own idea of a comfortable lifestyle.
There are a lot of free things to do in Sydney if you look.
We are aiming at \$52,000 which includes lengthy trips away in our small RV
We are managing quite well as self funded retirees between 40 to 50 thousand pa . We are not extravagant but have a good life and are happy.
My annual budget includes travel and capital replacement and allows for the same standard of living I experienced before retiring
Actually less than that, no mortgage, no kids no cruises no boats....no problems
Not sure yet
Depends on what you want to do in retirement. For me, retirement is living as financially comfortable as I was when working, but without the work.
That is after you have acquired al that you will need--eg jet ski,, golf clubs, golf buggy, pool equipment, house repaired.
depends how much overseas travel you intend. And what level of comfort you want
as you get older you need less \$
Having worked for some decades, I now like to have enough income that allows for some luxuries. Just ekeing out an existence for 30 years until you die is definitely not glamorous.
if you cannot manage your lifestyle you will not be able to manage your annual budget
I wish I knew.
could live on a lot less but it's easier having money for unplanned things

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Expensive home and hobbies, like boats.
We are still also supports 2 kids that are at Uni
Prices keep increasing
I retired in 2019 and still have no idea how to answer this question. Travel couldn't be factored into the answer and there are still question marks about it, and that was a big part of our lives pre-COVID/retirement.
Cost of living pressures including the impacts of inflation, as well as rate increases through tight property markets and land values increasing mean you can't get through on what I planned \$65k
Travel is not inexpensive especially so with / after Covid
Our only luxury is flying Business Class and we live simply. We still seem to chew through 129,000 a year. Part of that is of course property maintenance and rates and taxes.
Living with less is quite possible, but requires discipline
I found I need much less money in retirement than I thought. Mind you, we couldn't travel for a couple of years due to the pandemic which saved a lot of money. You save lots of money not having to go to work with all the associated expenses and not eating away from home every work day. Somebody ones told me that you should be able to live on the equivalent of the age pension in retirement when your house and car is paid off.
If you plan on travelling you will probably need more
This all depends on your individual situation.
If travel is involved in the retirement plan, the above number is more comfortable.
Medical procedures may have out of pocket costs
This requires a SMSF of \$1 million at 8% return.
That gives enough for gifts,travel and a few treats
Depends a lot on how frugal your wife and you are.
Highly subjective. You could survive on this.
I discovered that life after retirement is not just about basic clothing and basic food. We still have to pay our rates, utility bills, home insurance, health insurance, travel, house and vehicle repairs/maintenance. The Excel spreadsheet that I maintained for the last 5 years shows that on average I spent \$55,000/annum on food, personal and household items.
Examine your spending priorities. So much of what you spend while you are working do not apply when retired. Other costs will rise, but need still to be monitored.
Have the means to travel or have a hobby
Extended holidays (depending on the level of luxury) and add to this sum.
This is to cover expanses towards children and grandchildren
\$65k for day to day living, plus money to spend on travel.
I made sure I saved for this!
I find 60% of my Top Salary sufficient - assuming you have assets behind you.
\$65k with only local travel and 7 year old motor vehicles
I have budgeted for the comfortable amount however, ever since I entered the adventure of self funded retirement I also embarked on diligent book keeping which never was on my agenda before. And the result is: all the food (and we live and eat quite well) and some grog I buy at Aldi (which is not separated out in my spread sheet - we don't want to overcomplicate things) rates as well as house and contents insurance fully insured and maintained car electricity, water and a very warm 4 BR-house in winter high speed NBN mobile phones for each of us private health insurance and non specsaver glasses Costs us somewhere between \$28,000.- and \$30,000.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Never confuse needs with wants. Needs are in the above list everything above that like fine dining trips etc. is something different.
If travel is on the agenda then more is better.
This is without overseas holidays included
About 50 thousand
\$65,000 to live on plus \$15,000 as a safety margin
I retired in Asia. Lower cost of living.
We do well on 65,000 per year as home owners. We run a tight budget but exit on one car, support church, charities and kids as required, we maintain private health insurance, we travel mostly in Australia having done overseas trips in the past. We find we can eat well with seasonal fruit and vegetables. Meat is no longer a priority, nor take away, nor visiting the club weekly or drinking regularly. Healthy living on a tight budget has advantages but we live in a country with great produce available. :)
Those providing retirement advice are always revising their targets. Current advice is that a couple need about \$63k p.a. for a comfortable retirement. Not long ago it was \$60k. With current inflation trends, that advice will soon change again. So the lesson for retirees is that if you want freedom in retirement you need to target a significant safety margin above the recommended targets.
Quality active retirement is expensive
Depending on your lifestyle, you can live very cheaply if you want to. Regional living is much cheaper than in a city for example.
If you're careful about how you spend your money.
I have ample funds so am actually spending more than I did when working but I assume this will only last a few years.
I am single and living on ~<\$30Kpa when in Australia. Investment funds are a long reach from the pension cut-off. Plenty of capital to spend when it is time for overseas expeditions.
This includes some domestic and international travel
My son marvels at how much my wife and I put on our credit cards (which are paid in full each month), but I constantly check our expenditure against the ASFA Retirement Standard and don't see how we can reduce expenditure.
You have more time to do things and that often costs more, especially in early retirement.
This is what I planned for.
Our fixed costs exceed the age pension
Of course this all depends if you like to travel and then the amount would be greater - for sure.
This includes travel
It really depends on how much government assistance one receives. My lifestyle isn't extravagant ( don't eat out a lot, buy expensive things etc) but if I want to travel , go to theatre etc ) but still need to pay for things I enjoy and not worry about the heating bill. From my income I probably don't spend it all but I don't get any government subsidies.
Grandkids can be expensive!! and we do like to enjoy ourselves - heck why shouldn't we??
This answer depends upon personal levels of expenditure for daily living (e.g. entertainment, travel, purchased services)
The more money, the more help and comfort
Sitting at home is cheap but so then is your life.
It's all relative. But the lowest number would be tough.
this does include a \$30K trip overseas
Much depends on the needs of children and grandchildren.
Live within your means
Without travelling, we could comfortably live on \$65,000.



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Comfortable living, including 2-3 holidays a year. Covid changed all that and my overseas travel days are over. Expect medical expenses to go up.
Being left behind is a problem. Cannot sit in front of a TV all day. Not able to play sport as do many.
especially if you are able to travel
Some years more and some less but list major expenses to come so these are not unknowns.
We had a comfortable lifestyle below this level for the first 10 years. My wife has now started her deferred government pension so we can spend a lot more now, however our parents taught us not to waste money so we won't be buying luxury items.
As you age, you do not really need that much money. As long as you can pay the utility bills, rates, insurance etc. Food in Australia is still relatively cheap, especially if you can grow some of your own.
We spent about \$75 000 this financial year after doing some household renovations and attending to health issues which were barely covered by our mid level health insurance Usually \$65 000 would cover us.
Totally depends on circumstances and expectations
Could do with less but travel, dining out, a new car every five years and, importantly, a partner who is a spendthrift pushes up the expenses
If a lavish lifestyle is preferred, go for >\$100,000 income or gradually use up capital instead.
This is very individual. For me, I have good health, am not interested in travel, am less interested in entertainment than I used to be, have a family that is small and self-sufficient. I'm an Aspie, and don't feel a need to interact with people. I make my own entertainment. All of those could substantially change funds needed. The question is very broad: "homeowners" is wide open - for me, owning my home carries a cost of \$4000 council rates, moderate maintenance costs (last year \$45000), insurance and so on.
The amount of after tax income that you need depends on your interests and what you plan to do in retirement
it all depends on you super amount and if you want to leave something behind.
Obviously, it depends entirely on lifestyle expectations, especially where you sit within your circle of close friends, who you will want to socialise with.
At the top end of the range
We travel a lot
You just need to live within your means. But more is better
Overseas travel is expensive. Cost of living going up by at least 5% per year.
We allocate \$50,000 per year for living and \$20,000 for travel. Has worked well so far.
This is based on our current level of spending. We live comfortably without the need for travel and holidays.
Depends on your life-style objectives and your health.
I don't think \$65K would cover overseas holidays
I am fortunate to have been a NSW Police Officer in the pre '88 defined benefit scheme. I have chosen the lifetime pension option. No financial worries.
As a self funded retiree, I target 3X the full pension rate. 2X is adequate, 4X if you want to cross all t's and dot all i's.
it depends on your lifestyle of course, but if you cook most of your own meals with occasional dine out or take-away, don't drink excessive amounts of expensive alcohol, don't gamble, control your spending then a moderate budget is all you need. Due to COVID our overseas travel has been deferred but if safe to travel would need to budget an extra \$35K every few years
The older one gets the less outside of health you require funds for.
Plus a bit of super
Difficult to answer this as everyone's situation is different. Cost of living is increasing every day & depends on where you live and size of your dwelling.
This is a "How long is a piece of string" question. It cannot be answered with a simple \$ amount. It depends on your expected lifestyle, travel, holidays, eating out, where you live, health, etc...

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Less with modifications to lifestyle
Depends on health and future plans
The ASFA sum is OK, but limits financial support to family. We find \$85k gives flexibility. We each have approximately equal amounts in our pensions; We have guaranteed income via my DFRDB and my wife's Challenger annuity, and variable income with a strong growth via our separate industry pension funds. We moved from our SMSF around 2010 after it got too messy to manage.
Still paying school fees for son
Currently in 1st year so this selection is a leap of faith!
This absolutely depends on what you want/ need/ plan to do. We actually spend a fair bit of our income assisting our three daughters and their families - better they have it now than have to wait until we die when they may not be as 'needy'. We don't stint ourselves so they definitely 'come second' but anything we have extra goes to them (including into their superannuation accounts).
Build your own budget!
Probably closer to \$70,000 now if wanting to travel. Don't forget if you own your house you can use some of that money too. That is my future Plan B.
Again you assume we are all homeowner couples !! so tired of this.
Obviously the more, the better - but assuming you are debt free and have a good idea of your budgetary requirements, the ASFA standard is a pretty sensible lifestyle point.
Travel and hobbies cost and we want to do them well
Less with Covid
You need more than you think
I think the ASFA figures are quite unrealistic when you look at the details. Very low on travel/ holidays which would be a main goal for many.
Depends what you have been living on before retirement.
It depends on how much time you wish to holiday/travel.
Starts high as you take those delayed holidays , family catch ups & renovations. Then plateaus and then increases again due to medical care / failing abilities meaning more paid Assistance like gardening & repairs and white goods/ electronics needing replacement
When do you spend more money, when you work or when you are on holidays?
Interpreting this to my circumstances - not the general retired population
I'm single.
This assumes the occasional luxury, vacation etc.
no more work expenses
Life in Sydney is expensive!
You do not need a real lot to just live, having access to some rainy day savings is advantageous especially if your into spontaneity.
This amount just makes life easier
More and more gets spent on health. Maybe 20% for people who are relatively healthy
Need...a lot less than ASFA Standard Want....mmmm???
And if you are willing to rundown capital including the private savings in their home - 80% of retirees have no financial constraint at all ... with longevity risk covered by govt and hopefully a family
Try for inflation + 3%
This amount enables me to travel as I want (within reason) and assist with my only grand-daughter's education in due course.
Depends where you live and lifestyle

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Over \$100k if wanting to experience some finer or more expansive aspects of travel, eating out, attending cultural events, etc.
Enough to travel up the pointy end & not worry about the next \$.
Take out travel overseas and owing a boat or similar and the 65k bracket would work
More than this if you want travel that is arranged for you, e.g. overseas tours.
Really for someone with a disabled family member you would need much more than 100000 to have a good life
I do not know how ASFA comes up with that number ... living in Sydney it is just not realistic
I'd like more to spend, but what do you need to buy that you haven't already got after 60 years. Finding it hard to spend what we have. Hard to change the mind set from saving and accumulating wealth, to spending it.
I actually only spent \$30000 last year, I'm not as interested in spending money as I used to be.
Big boys toys are expensive
I have a budget that confirms this estimate, however we do run two cars, probably unnecessarily
\$75,000 to \$100,000 if you are in perfect health (but who is after 60)
\$40K, with enough accumulating in kitty for contingencies and the full payment of all insurances and utilities estimated ahead, plus the nursing home RAD for the coming years. Ted Mack and Julius Sumner Miller were great role models for modern retirees. Do men really have to show off like 14 year old boys with their latest scooters?
29 years ago my wife and I could live on \$40000pa. We now need over \$120000pa for a similar lifestyle.
If one does not bother to have a car or travel much beyond one's own city or state , the age pension could prove to be quite adequate [ assuming one does not need to pay rent .] .
Many people could retire earlier if they moderated their material needs.
\$35000 OK for single, allows to save for recurring property repairs but not enough to save for new car without using a slice of capital
Cant seem to live nicely on less than this
Could be a lot less,the realisation you are getting older makes me concentrate on my health.
This assumes a comfortable lifestyle perhaps including one overseas holiday per year.
Really depends if you want to travel for the people I know. That includes overseas and grey nomad stuff - it is every expensive.
Depending on your lifestyle and interests. Impact of inflation may require a recalculation of these ranges.
We like travelling and our grandies are in other states so we spend quite a bit on travel.
surely depends on your needs and how well you are , your travels and your forever dependent children regardless of age !
Depends on how you fill in your time eg travel is more expensive than staying home.
Home ownership is important.
This assumes no debts and no expensive holidays. Personally around \$100,000 is more realistic. It depends to a large degree on your pre retirement lifestyle what would be considered adequate
Include OS travel if health is good
I am a single homeowner, but not a standard home because it is on acreage, and I live a full, comfortable life on approx. \$40,000
if you can cook at home and like your spouse , you can give away more than you need to live on.
I'm still to roadtest this over the next five years to confirm whether my educated hunch is right
Annual expenses then extra for occasional big ticket items (ie overseas travel, new car etc)
Travel is the big issue. Normal life with relatively modest needs is not expensive.

## Firstlinks poll: Retirement experiences – July 2022

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Actually obtain more which goes back into investments
To balance the books - takes more than you think!
It all depends on your financial position when you retire. Being debt free is a bonus and highly recommended. As long as you can live within a budget. See your Financial Planner (Superfund Manager) at least yearly to keep abreast of your fund and make any changes necessary.
Depends on lifestyle level you wish to maintain
subject to not travelling o/seas approx. \$55k
living, travel and property expenses
In the country, anything \$70K/yr upwards is comfortable
This depends on the life expectations you have established well before retirement.
We are nit using all income, and my planning of income needs include reduction in cash over time. All working out even with potential recession.
I am also developing a farm out of my single SMSF income. For my personal costs, I need about \$35,000 minimum to allow for visits to my sons and families - one interstate and one overseas. Might need more to see the one overseas now as airfares are not going to be cheap any more.
Each year I analyse our expenses by category. ASFA standard is about our day-to-day spend of \$70Kpa, plus travel of \$30K, plus any capital eg car, carpet, painting etc, plus gifts to children.
Actually, closer to \$40k than \$65k, but be careful about discretionary spending
Strive to save a lot more than you think you will need. If you can, get an investment property with a lovely view. It's a bit scary when the stock market has a bad year.
You keep on spending! My wife and I are set up for income of about \$700k. Expenses never drop and kids always have their hands out. Early financial planning is essential.
If you want to travel you need this level.
This really depends on what you want to do. If you wish to travel overseas a lot then you need a budget that can accommodate that.
To be able to do all the things we want without worrying about the finances. Having said that, a financial disaster would not worry us unduly provided we had shelter and food on the table.
This includes an extra \$20,000 a year for overseas travel when available otherwise \$45,000 a year
Based on one or two I know, living off the current aged pension as the sole source of income in this time of high inflation is, I think, be existing on the poverty line. I say existing rather than living because having little disposable income means counting down the days, rather than leading a purposeful life. When I was twenty, I thought life at sixty-five was reduced to sitting under a blanket in a lounge chair (see grandad in Mrs. Brown's Boys). In reality, the opposite is true. The friends I know are fit and active. Two are retired professors, two were tradespeople, one works past retirement, the other a business owner.
I have always lived within my means, brought up that way, and will continue as per usual. Lots of money is not key to a happy life, enough to cover the essentials and a bit extra for the unforeseen.
\$40000 per year is ok, providing you have a reasonable backup in the bank, you have every thing you want and you own everything.
This is a really vexed question because it depends largely on varying lifestyles. What is 'comfortable'?
This depends on the style of life you want to live
The amount varies depending on how much spending on "nice to have" items such as travel, home improvements, etc are done.
Most people need a little more than pension but I find "experts" recommendations are unrealistically based on expectations beyond reality for most individuals.
I am single and renting after living and working internationally for 21 years. On a pension with reasonably ample retirement funding.
As homeowners the max assets and income we can have and still receive the full age pension with all its benefits has been adequate BUT times are quickly changing

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8 months in Australia cost us c. \$60,000 and 4 months in Europe \$30,000 plus our only indulgence of \$30,000 for 2 return first class air fares. Without the latter, \$75 to \$100 k is right.
That's the minimum if you want to travel. You want to be able to comfortably live and afford overseas travel and be able to help kids when they need it. If no travel wanted then 75,000 might be enough but it's on the lean side in our experience.
We are fortunate to have a quality lifestyle.
As you get older you require less!
You need about \$40,000 to live on, plus extra for travel, new cars etc.
can be more expensive than you think
Had I earned more and saved more and generated more capital I would have "lived higher on the hog" than I did , and to some extent , I wished now that I had ; but NOTHING gives me more pleasure , satisfaction and a feeling of security than the KNOWLEDGE that my Wife and I are financially secure and wealthy enough to leave our children an inheritance.
Probably less if needed
This income is ok unless you would like to purchase late model cars or have regular holidays. Then you do need a higher income which is our case.
We can comfortably afford to spend more as necessary or if we want to.
To live life to the full in retirement one needs to not have to worry about money.
using bill bengen idea of 4% p.a you will need say \$2.5 million minimum
The early years of retirement will require more - assuming your health is ok. You tend to continue to spend the same as when you were working.
We have been spending more due to overseas travel, but during the past 2 years this has been enough
This can differ substantially depending on : <ul style="list-style-type: none"><li>- the cost of your interests and pursuits</li><li>- the extent you travel - especially overseas</li><li>- how much you do things (repairs, garden, etc) yourself rather than employing others for those services</li><li>- possibility of excessive health care cost</li></ul>
We have decided to pursue a comfortable retirement including plenty of travel.
This can be achieved....learn, learn and dot it yourself.
less than this limits social activities and travel
Only on the basis that you can continue to grow wealth, otherwise > \$100k. Retirement is too long to be in sustenance mode. Would feel like a life wasted.
Plus expenses for travel
We did (pre Covid) one big trip (\$30 - 40 k) bi annually and a small (\$ 5k) one on the off year. We buy a new car every 4 years however are frugal on recurring costs ( energy, food etc. ). Piece of advice, shop ALDI, never renew insurance, gas, electric etc. without hammering the suppliers. No loyalty, best value/suitability for you.
It depends on what you want to do - travel & home renovations will require more funds over and above your month to month living expenses.
In our first year (2012) we lived on \$23,000, but don't think we could do that long term. We now spend about \$50,000 pa
Hang on, why assume a couple???? I have no idea what a couple needs and it's insulting to exclude singles. I need a minimum of \$65k
At this level it is a pretty comfortable retirement however it diminishes with inflation over time!
Have enough to continue to invest throughout retirement
It really depends on what life style your used to.
That is an estimate based on our life style
Depends on how much you want to travel or spend on your family.

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Ability to live without a restrictive budget and indulge whims, engage help as physical ability declines, and help family financially is satisfying
We are fortunate enough to be fully funded and do not rely on any Government support
First year in over 50s resort we spent a bit extra, but now 65K pa is plenty
We very much enjoy the flexibility and assurance from an income that exceeds any desire to spend
Depends on if you intend to travel. If you do, 75-100 K. Because I spent the last few years, squirrelling money to super, the 65K is a bonus!
Money provides choices!! More money, more choices.
All depends on lifestyle.
This depends though
Depends on what you want out of life.
We find that \$50,000 is comfortable for us, without any o/s travel
Less if you do not want to travel - more if you do. You also need to do most of the cooking and entertaining at home, or need more money
Centres around how much travel and at what level of luxury, plus if you want to do the same things without worrying about a budget too much. Consensus in my group of ex bankers sits around \$120k, personally feel more comfortable \$150k and above.
income from super, cash, shares and investment unit income
\$75,000 is only just enough to live on without any entertainment and holidays. I consider \$100,000 is the minimum for a care free life.
Increased comfortable travel can be costly.
our consumption is way over the "comfortable standard" of \$65k. I'm sure we could live on less if required.
Need less than thought and still living well
About \$70k
Such an income will give you choices not a strict budget.
It's a bell curve, if you have 100k per year for 20 years you will leave a legacy unless you try to buy more time by making Medical Specialists richer before you wake up.
Between 55 and 70 we need a higher amount as it is impacted by travel and helping adult children. After 70 as you scale back activity you don't need as much.
Having time to manage your investments makes a very large difference to their performance.
Sticking to this as an annual budget with slight amendment every six months
You need a good buffer from inflation, a poor year of superannuation performance, unexpected health issues and anything else life throws at you.
During COVID it has been less - no holidays
We're hopeless
It depends on your lifestyle
It depends upon your health, mobility and desire to travel and/or live it up. It also depends whether you have an income stream that does not require one to work any more.
Assuming an annual overseas trip. Even holidays in Australia - eg Kimberley - can be quite expensive.
Depends on how much overseas vacation
More needed if one wants to travel extensively
Traveling & still investing.
This assumes tax free super distributions, otherwise \$100k plus

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Obviously a lower goal is easier to achieve and still offer a good lifestyle. We had specific goals in mind
Build super and investments gradually
The more the better. Use one of the better performing industry funds rather than a retail, for profit, fund.
My wife and I seem to be able to manage on the Age Pension plus a conservative drawdown, if necessary, on super fund (equivalent to a bit over 4% p.a. (so \$1200 per month). My balance is somewhat above the median for my age, 78. The occasional relief teaching work is a bonus. And scoring, e.g., a commercial, is whoopy-do! I recently auditioned for one paying \$28,000. I paid off all debts some years ago. We have rented nearly all our lives (like most actors btw). I drive a 2004 model reliable car. We have private health insurance. We can survive on around \$54,000.
Ensure consideration of all services available such as aged pension or Commonwealth health card that will increase cash flow.
Lot depends on what you want to do. Caravan around Australia or frequent business class trips OS. The more you have the better as it allows more options.
It depends on how much you are able to save while you are working. Fortunately I am in a position to help my children and grandchildren financially.
Varies depending on your pre retirement lifestyle and expectations for travel, lifestyle and home maintenance but escalating home and travel costs can impinge on the ASFA standard.
For a great retirement you really need about \$1.5m which is not always possible
We are independent, receive no pensions or benefits, health wise is good. We have been fortunate in business and investments outside super, In fact, was cautious of Super as we were caught by Century Fund in 1986. we did not understand the big advantages of Super but invested in rental homes and shares. Also received inheritance and used it to increase our investments. Since retiring we have made sure our kids know the benefits of super.
we have a holiday house in another state if we sold that our income needs would reduce by \$10k
Not sure, but we will have more than we need or even want.
We are still young/fit enough to enjoy extended adventure holidays.
Have actually spent around \$140000 pa in retirement, but probably needed only around \$90,000.
Assuming this is tax free. We have much more than that but we can't work out how to spend it all! A profligate retirement is hard to adapt to when you were not used to it when working.
I am single with 2 kids that cannot afford to live elsewhere I need \$100K a year
We travel extensively and buy what we want so our spend is \$150K a year - more once we start attending travel events such as Wimbledon, US Open golf etc.... That's well within our income so we are still saving.
Most people underestimate how much it costs to just live.
This is one that comes down to personal values and goals.
Seems high and could get by with less but allows some higher discretionary expenditure such as newer and better car
This will vary. I spent very little over the 2 years of lock up!
Our after tax income is closer to \$200,000
Not much less than before - so contribute what you can to savings to reduce your cost-of-living expectations and give yourself a good retirement nest egg.
Key issue is to consider the quality and quantity of discretionary spend you require. Basic fixed living costs are manageable from an income of around 50k after tax for a couple
need is subjective. without international or luxury travel the ASFA standard would be adequate.
If you are a homeowner around \$50,00 would be enough
We receive more than that Ana's our son will be very wealthy when we fall off the perch!
This gives a very comfortable lifestyle, but could do it on a lot less.
Need to do more than subsist. Some places are more expensive than others.

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cost of living for me is 37000 to 43000
Anything under this amount is not going to give you a lifestyle that you probably should expect.
I always drew 1700.00 per week in the lead up to retirement. I tried to arrange my investment strategy to meet that sort of yield. So it has been a seamless experience. We don't use anything like that so we always have a cash buffer to meet the bigger contingencies such as washing machine, TV etc replacement and home repairs as they crop up and perhaps a car replacement .
This has been fine for us.
The more the better
The market has not been kind this past year but i am still managing our SMSF and satisfied with results. As I look back over the past 30 years advisors have done a poor job
I am naturally not a big spender and am currently single
Early part of retirement you will be spending money having fun, I expect this will slow down as we slow down.
Very much helps to retire wealthy, especially if you are retiring "young".
I have two children still living at home. I like their company.
We still have teenagers 19 and 16
Perhaps consider other sources of income. Eg., do you have a cabin or granny flat? Consider growing some of your own fruit and vegetables to offset cost of food.
Closer to \$90,000....
Plenty of travel and assistance for the kids
I allowed myself the ASFA budget for the two years before I left paid employment. That way I was pretty confident that I could afford to retire. I used the left over income to contribute to super.
everyones circumstances are different - too hard to say!
Those are just living costs, have to allow a bit more sometimes for emergencies, holidays, etc
In rural NSW cost of living is not demanding
Frugal lifestyle - \$25K enough
Anything over \$65,000 enables a few "luxuries" such as overseas travel
This is very dependant and variable
Income is a means of doing things that you enjoy to do in your time
Enough to provide for some travel, standard of living maintenance without skimping
I am now earning more income than pre retirement due to investments
\$65,000 allows for a comfortable life, with basic overseas trip every couple of years, car and house maintenance, basic weekly 'pub' meals, etc. Take advantage of Seniors offers and Government offers. Always negotiate car and house insurances. Be on lookout for best power, gas, mobile and internet pricing .. and don't be afraid to change suppliers. Use phone apps to find best petrol pricing. Don't get manipulated by glossy advertisements and offers to buy something just because it is on special... if you don't need it, then 'you don't need it'. Keep minimal money in zero interest 'everyday' bank accounts (every \$1000 earning 0% is \$0, every \$1000 earning 2% is \$20pa)
It seems to be quite a bit less than I anticipated. If you hanker after a lot of overseas travel then a number well above the ASFA comfortable level is required. Otherwise from my experimentation, the ASFA numbers are quite reliable guides and one can enjoy a rewarding retirement. I would say your pattern of spending may be higher in the active phase of retirement but then will fall back as those overseas trips and frequent holidays become less pressing wants. And then it's all downhill if you require a nursing home (God forbid).
It really depends on what you want to do i retirement.
The amount really depends on what you want your lifestyle to be in retirement. - \$75k-\$100k is comfortable, but >\$100k is very comfortable.



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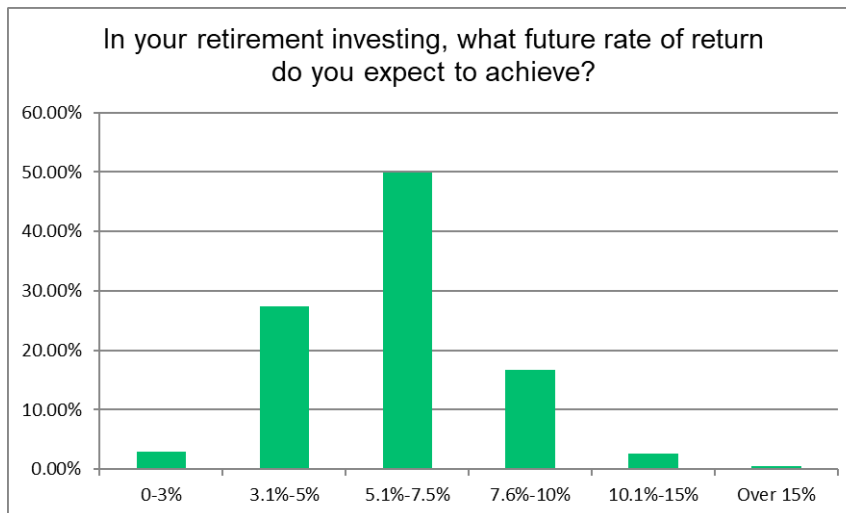
Very dependent on lifestyle choices. If needs are simply, then perhaps a little less. If able, a small budget to help out family along the way.
Depends on what "need" means: survival or no annoying financial restrictions
You don't "need" as much as you think, additional income is the cherry on the cake, for us to save or squander.
Most cost on travel
If you would like to enjoy overseas travel this is the level required.
My personal plan is to spend two thirds of my super by age 75 and one third by age 90. I use a conservative estimate for the annual return of share investments in my super and am always ahead
My choice is leaving out big ticket items like int`l travel.With travel,it would be the next higher bracket.
this will vary significantly, especially when discretionary travel and philanthropy are included.
Most of my life I was always concerned I would not have enough super to live on in retirement. When I did retire I found I did not need anywhere near the amount I had budgeted for. The ASFA standard of \$65k is more than enough for a home owner.
that is what i take
Obviously the more you have the easier it is, but most can be achieved at \$65,000. Inflation may affect this in the near future
Our figure is around \$50,000. We run two cars. Have a major domestic holiday each second year.
somehow you want less than when younger kids off your hands financially but were content with what we have done and are doing
Invest to cushion change
Travel is expensive.
Silly question in some ways. It all depends on what you want to do. The more you have, the more options you have.
This is at age 59 with three adult children in mid-late 20's. I expect this to reduce as time goes on, even though our own "income" will increase significantly when we meet our super preservation ages in due course.
\$65,000 would probably give you a perfectly comfortable life, but a higher income will give you many more choices, e.g. more travel, more access to cultural activities
For me \$50,000. But I live (normally) in Taiwan which has a cheaper cost of living than Australia.
You can get by on far less, but after working hard for several decades, we are in no mood to curb spending.
We need about the same income as when both working.
\$55-60k
I am flexible to increase and reduce expenditure as income fluctuates
Depends on how much O/S travel one wishes to engage in.
This is comfortable for conservative spenders and assumes a tax free (pension) environment.
Ideally you should be able to live off 4% of investable funds
For me personally as a higher income earner during my career, my baseline of spending has stayed high in retirement.
Typical readers of this column would find it hard to exist on less than \$100K !
The answer to this question depends on what you plan to do. Travel within Australia is reasonably expensive but the results are well worth while. International travel also is quite expensive but, again, very worthwhile.
We're living on less than the ASFA standard, but could arrange it should the need arise.
Depends on your lifestyle needs and expectations.
Couple with two dependent kids.

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**Q8 In your retirement investing, what future rate of return do you expect to achieve?**

0-3%	3.00%
3.1%-5%	27.33%
5.1%-7.5%	49.92%
7.6%-10%	16.75%
10.1%-15%	2.53%
Over 15%	0.47%



My investments are super and shares, some held for over 20yrs providing very high rates of return.

Need to balance income earning with inflation-counteracting growth.

Originally budgeted on +5% but had to trim that to +3% and likewise annual budget to around \$65,000

Markets are variable.

Balance Sheet is the issue; not RR.

Always take a long term view

including franking credits

It depends on how much super or assets you have to live off. Obviously the wealthier you are, maybe rates of return isn't so important.

We actively trade in the stock market me as a week do on the market in look at the second things out

We would be happy with 0-3% as we intend to spend capital

Income can be supplemented by capital gains from careful investments.

That is my more reasonable expectation as against response to Q7

if you rely on the govt a negative return is likely over a long time frame.

Depending on inflation and the RBA could be higher

Haven't achieved it yet.

We would be very happy to get this return each year. We have lived through the very high interest rates of the eighties and the turmoil that caused and don't want to see that again.

I aim to beat inflation by 1%

You take what you can get, living off capital is not as bad as people tell you especially if you have no mortgage and no kids to leave something to...but its all in the timing of dollar in/out

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Who knows with inflation, my fear with inflation is I will still be negative situation
I manage my own investments.
currently earning 8% therefore need \$1,250,000
Long term I would think I could receive 10%, but because you are always digging in to your investments to handle cost of living and health requirements I think 5.1% - 7.5% is more the result I will achieve
The above is just a guess. Whether that'll be actually achieved is another matter.
be realistic with returns - manage risk well or you may lose capital
never hope for too much and be disappointed
Hopefully
Real rate or nominal?
It's hard to say, across all segments - stock market, property etc - you can't factor in capital gains, tax etc although more knowledgeable people than me probably do. Every aspect of the equation is changing relative to all the others, hindsight is likely the only true marker. If you can answer this question accurately you probably don't have a very complex scenario.
May be a tad optimistic but would like the earnings to keep exceeding the minimum pension draw down.
The devaluation of money is not defined in this question
This figure is now being tested.
Given you are not earning money, retirement is not a good time to speculate on risky investments unless you have a good size nest egg.
Thank God for dividends and franking credits.
I have maintained this for 20 years
The returns are not as good as they were a few years back. I no longer take risks buying low cost shares. I continue to buy blue chip shares which give me a regular return and some capital gains.
There has to be a balance between getting a good return and security of maintaining the balance and inflation.
Over 15 years my SMSF return has ranged from a low of -9% in 2009, to a high of + 20.5% in 2013. I estimate a a return of -4.3% this past year, and an overall cagar over that time (including pension payments in each year) of just over 8%. NOTE: I do not anquish about annual fluctuations and am happy to beat most published returns, or be close to the top.
Mix your sources - Superannuation is tops for 'set and forget' as well as for my surviving (non financial savvy) Spouse. Be prepared for significantly increased health costs
che sera sera
Income is spread over Super and Investment Property
Budget on a 5% return ,aim for a 10% return
Long term stock market average.
Many people retire with sub \$1Million dollars in superannuation. A return of 6-7% on 800K and some casual work gives you your 65K annual need.
Short term (3 year avg) returns will be unlikely to be much more than 2% draw down rates. This will severely affect long term investment value of recently retired self funded retirees.
Be conservative
Sharemarket returns vary greatly from time to time, but I would expect this as a minimum.
We rely heavily on inflation linked PPP bonds - with small exposure to ASX.
No idea. I have a trusted financial advisor.
Based on long term superannuation fund earnings.

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Used Neville Whittakers calculators very frequently and multiple scenarios. Found NW to be easy to use compared to other websites. Using very very conservative rate of return/CPI/withdrawals.... and life expectancy of 100years (I am ow 70), the calculators consistently determine that I will not run out of funds.
By strategic investment with not too much risk, this should be achievable....obviously not putting it in the bank or bonds at present.
Above RoR is my long term assessment
At these rates I am comfortable. Above this is a bonus for my grandchildren.
Unconventional monetary and fiscal policies are/have been a source of stress. The RBA's forward guidance needs to provide certainty for those who do not work at the RBA. Any expectation of future earnings is very uncertain
I always have been a more aggressive investor - hence my average return perhaps would have been in the vicinity of about 9-10% pa.
I think all these percentage returns that financial planners etc talk about are all rubbish. Until I gave up direct investing about 7 years ago I always did better than the professionals who managed part of my portfolio. Can't believe the government has improved the eligibility for seniors health card etc. It's shocking. Experts talk as though government assistance for the aged will go on indefinitely. Ridiculous, unrealistic notion. Old people can't be maintained at current levels ( probably high levels of expenses for health care).
Having my own SMSF with a proactive Fin Planner, we can take a few more risks
Has been closer to 10% prior COVID.
Do it yourself. There are no good managers or experts.
Plan for lower rather than the harry hopeful bs peddled by so called professionals (most of whom are worth little themselves!). Cash is king. If it's better than planned then whoopee. If you spend \$1 and earn 95c then over time watch out.
2021 was an exceptional year where we earned 30%, this will probably average out when 2022 is taken into account.
Real return over inflation. I think
I hope to achieve the above. My guidance usually is Government super requirement plus inflation rate.
Set the goal of not having to dig into my retirement portfolio and not taking unnecessary risk.
I'll keep my super with AustralianSuper and start a pension in the balanced option.
Being more ambitious with higher returns usually means higher risk.
It is very variable and we are fortunate to have enough diversified investments to manage the bad years. We like LICs as we age and may want to engage less in active investing.
We have achieved 11% pa since 2009 but expect lower returns next few years
I'm thinking of moving my managed super to a more aggressive mix, more overseas stocks, as I'm unlikely to run out of money
I don't think returns will be as good as seen historically.
You don't specify the period - the future rate of return will probably vary from year to year.
I have enough funds that I don't need income and am not worried by 30% drop in asset value. I get irritated by the typical investment planning advice to become more conservative and risk averse as one ages.
High returns are possibly likely to be unsustainable over the long term. Best to work of a lower rate and have enjoy the proceeds if it is exceeded.
7% seems reasonable.
I aim for 12% pa in the long term, which makes the last couple of years VERY uncomfortable.
Including imputation credits
We are mainly in equities
Probably won't achieve this in the current year, but over time.

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3% above inflation, therefore 5-8%. Should do better over the long term with growth assets but best to assume the more moderate rate.
Good luck! Keep a year or 2 in cash to ride out rough spots in the market
I always underestimate and therefore rarely are disappointed
Last year 20% but this year more like minus 10%.
Toss a coin! Sharemarkets rise & fall...it's about a long term view.
Range 5% to 15%. Don't get me started on "What return are you targeting?"
Income plus growth from share portfolio
The stats show a constant overall growth of share funds since inception despite wars, depressions, pandemics, natural disasters etc. Growth funds are the best long term investment. We use managed and indexed growth funds.
ASX200 benchmark
Don't be too conservative with investing, go for a "growth" profile.
Would like higher but don't like to take risks with my money.
Assuming is the rate above inflation.
Over 12 years have managed 14% average but very lumpy (last year -10% previous year 66%) Keep cash for next years income so not forced to sell at worst time
Your retirement investing style is determined by the amount of money you have been able to accumulate before retirement.
Total return ie income plus capital gains.
May be significantly lower
I have not been a home owner, so I need a greater return to meet my higher expenses.
Including growth and dividends
It depends on interest rates and types of investments made.
whatever the market gives me
Better to be on the conservative side.
What I expect, what I would like, and what I get are not related. And I have no crystal ball!!
Stay in growth assets...and rundown assets
What I expect in probably not what I will get - so no estimates
Not FY 22
In the current climate, this is optimistic but unless this is achieved with inflation soaring one's money will be going backwards. Sharemarket volatility is unnerving and fixed interest wouldn't buy a postage stamp.
what I expect does not always match what I actually get! There is Covid, Russian war and the economy.
Market average returns minus minimal costs of fees and taxes over the very long term, beyond my retirement and life expectancy, will make my plans successful.
Long term (>80 years) return from ASX
The way things are at the moment who knows it's been a disaster
Not this year ... but on average.
that is both capital and income net of tax
Mostly invested in LIC's
The next decade will be difficult & we need to be more cautious.
As you get older it is important to make sure your investments are as safe as possible. The way Australia and the world economies are being managed this will be difficult.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

As you get older it is important to make sure your investments are as safe as possible. The way Australia and the world economies are being managed this will be difficult.
Just to keep up with inflation
average on bank share portfolio and Super (Australian Super)
at best
Plus Capital Gains on top of that Income. I invest in Intl Shares, Australian Commercial Property and Private Debt.
Four percent per annum has been the mean return for over the last few centuries .
I am achieving the above and learning not to panic.
at 91 my assets are still accumulating
Listed investment companies
I used to expect around 7% but I'm a lot less optimistic for at least the next 5 years.
As long as it covers inflation. Do not expect to beat inflation as it has recently!
Ideally "Real Return" - that is after CPI increases.
Our SMSF averages 7.6% after fees, end June 2022, over 12 years while drawing down 80K to 110K per year.
A bit over historic average returns but have achieved this over time with a well diversified portfolio
High enough to preserve existing capital
living off the capital baby and writing the last cheque on the way out the door
If I can average this level of return I will be able to live off the returns rather than digging into my principal
Some years more, some less. Budget for a bigger negative financial impact to savings every 7 years
Diversification is your friend.
Being conservative the small return retains capital as less risk adverse and keep an amount of cash as when the stock market retreats that is the time to pick up bargains
Anything above 5% is bonus money. So taking a conservative approach to returns.
Plus very valuable franking credits!
These days I generally have indexed funds for the bulk of my / our Super.
This is optimistic , I suspect the rate will be nearer 0-3%
invested for long enough to know markets dont always rise and ideally 2-3% above inflation
I move ratio between Aus/OS shares and cash according to the market investment cycle.
I worked to have a bucket of money to cover 30+ years. I have still not dropped below retirement asset balance after 5 years.
Depends what happens in the next few months. The past two years have been in the 3.1-5% bracket.
nominal
I don't always achieve what I hope for. Note to self: Rein in your gambling instincts.
I'm generating more than this and invest in fully franked stocks.
Rates of return are always going to vary. You must bank on some negative years.
By conventional measures, I am a risktaker - but also believe I'm a good manager of risk.
I have a diverse portfolio, some growth, some value. A few I see as long term, such as Magellan Financial Group. I bought shares all the way down, but believe in 5 years from now, their lowly price will be reversed to somewhere near what it was.
but that is probably optimistic
Stressful to take on higher risk/higher return investments

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Personally, I don't think these excessive returns of the past are sustainable! And we don't need it either.
Conservatively at least 7.5% with a margin of say up to 5 to 10 % per year if inflation takes hold
Hopefully setting expectations a little lower will over time mean there is a nice surprise when RoRs improve!
Income plus capital growth
It's aggressive but makes my little wealth go a long way on top of the aged pension.
Unsure how to answer that. I have a financial advisor .
As much as possible and still be within pension limits
All our funds are invested with an Australian fund manager whose philosophy is long term capital compounding investments.
A better rate of return target would be between 2 to 4% above under lying inflation.
Over the long term - 20+ years.
hopefully around 5% for me
Until "Covid Cowardice" gripped the World , I was hoping to achieve something considerably higher ! I had been getting a return around 20% prior to the market capitulation !
This question should be asked in terms of real returns.
Expect Some -ve years
Depends a bit on inflation.
My pension fund and wife's super fund are invested in growth funds, but with a defensive strategy.
On occasions in the past I've achieved 23% and that's occasionally pooble again.
next ten years will see very low returns
The first 5 years we achieved 8-10%, the last 2 years 5%. Now we have moved to a 60/40 portfolio to supposedly protect our investments, they are worth less than purchased and will return 1-3% if we are lucky.
Average. One good year, one not so good.
fortunately I have css pension
This seems to be reasonable to achieve and a basis for maintenance if not growth in wealth over time As stated earlier, I think you need a financiailly planning horizon of infinity.
Inflation plus 4
No idea
It's a roller coaster!
That's what I expect the minimum average yearly return should be out of the Super fund however my share dabbling can be a lot more radical.
The Super has been doing well in the past but now the returns are not so certain for the next few years. Even the outside investments in ETFs and share market will take a bad hit over next few years.
Investment return will regress towards lower side as economic sins of unwise policies of past 50 years take their toll.
Having sufficient capital to invest in a range of rated and high yield bonds, property lending fund managers and a structured share portfolio with some cash provides a reasonably secure income.
We have significant shareholdings in our portfolio and the dividends and franking credits provide most of the income.
This figure is probably at the top end, especially when one has to carry at least one to two year's cash on hand which reduces returns in our smsf
We are still aiming for 10% [not discounted for inflation] With more than 30 years of owning and managing our retirement funding [now SMSF mainly and growing private investments from pensions not spent] we are still tracking above 10%pa 5year moving average. 'Hope may be a better word than expect.
Will maintain asset level of super balance with compulsory draw down level.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

On current trends when we had low level of interest rates.
Maybe 7.6 - 10 as this is the long term share market return
If I can achieve 5-7% and add franking credits from dividends, I'm comfortable
5% would see us not using our capital
dividends, share trades and interest, less from rent income
This year will be tight.
Don't over estimate the return. Because chasing un achievable targets can lead to loses
Achieved over 25 years using a largely passive mindset.
I think the days of 10 or 11% might be behind us for a while.
We are very close to 80 years old and given the current world politics and problems I think we will be lucky to see 5% return for the rest of our lives.
I tend to invest quite aggressively, entirely in shares. I'm comfortable with risk and this has proven to be a successful strategy over the last 35 years.
In a balanced diversified portfolio and given low interest rates and potential recessionary or stagflation period 5-7.5 % would be a reasonable outcome
Aim for 3% above inflation over a 5 year period. That will be challenging right now.
Primarily capital growth. Investors who try to rely only on income earnings are destined to live a diminished lifestyle.
hard to generalise. I participate hands-on in my investment decisions and activities.
Above Inflation
A blend of superannuation, a share portfolio and income - producing property (keeping up with inflation) is important,
Maybe wishful thinking
3%
We aim to match relative security of capital with reasonable yield
I can afford to have a riskier profile because I have enough super and assets outside super.
On average, over (say) five (5) year rolling periods
Should be obtainable with income and capital growth
After 12 years of retirement, without having dropped below the original capital figure, we are finally comfortable that we will not outlast it and a lower rate of return, although unwelcome, can be handled
No debt is crucial
Diversify, Invest in quality Australian & Global companies, be aware of fees, don't make "knee-jerk" decisions if the market falls - just allow the power of compounding work and enjoy retirement. I don't speculate, or buy Crypto ...
I have switched funds a couple of times to make sure I am with a good fund etc. I have a balanced fund to make sure there's some 'spike' in it.
That is the long term return earned by my SMSF over 25yrs of retirement has been 7-10% but now the majority of funds are invested in defensive assets to preserve capital.
This is the average over decades.
I have some safe high returning investments. Have other money in capital gains only(gold) , to sell if any problems with the economy.
I hold conservative investments largely in corporate bonds, with some shares.
Can be doubled in a great year but only had less in two years out of 14
our superfund is invested in unlisted reits and fully franked high yielding shares
Over the long period



## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Hopefully a couple of percent 'real'.
I just work on slightly less than the average stock market accumulation index over the last hundred years. I have some non-ASX investments that generate about 8.5% YoY.
Have portfolio that is 75% growth, 25% income
If you are lucky. Check the Term Deposit rates and MERs of funds
Mostly fully franked shares and high yield bonds
would've been higher a few years ago
Real or nominal? Above assumption is real rate of return
The range I selected fits with our SMSF Strategy. Reasonable level of income with reasonable capital preservation but with funds available for bigger ticket items.
We skew towards riskier investments than many retirees as we have a guaranteed employer pension in addition to our investments.
the current future investing outlook is very uncertain in my opinion.
8% or higher seems enough maybe not always possible in bad years
This is a minimum to keep ahead of inflation and general cost of living increases.
I am diversified across shares (50%) a cash holding of 80k and unlisted commercial property which provide the majority of my income. . I draw 6000.00 per month and the fund continues to grow .
Have achieved 12%pa over last 17 years in SMSF
AS 2022 CLOSES RETURNS HAVE MET THIS EXPECTATION AND GOING FORWARD I WOULD PREFER 5.1 - 7.5% BUT A LITTLE UNATTAINABLE WITH A CAUTIOUS APPROACH
Aim low but have actually had higher returns
My investments are conservative. I keep 2yrs of spending in cash.
I've got it in Ethical and Balanced
Will vary with economic conditions, interest rate cycle etc.
Conservative approach taken
Be realistic. Not all your investments will pay off. You'll have winners and losers.
my rate of return expectations have lessened due to QE and nil interest rates on savings accounts etc.and I now use bonds increasingly to protect capital, but have had to accept lesser returns.
At the moment hard to see great returns, but these things constantly change.
Actual rate of return is heavily dependent on interest rates, dividends and capital gains.
Long term
'Expect' and 'hope for' differ. I hope for better but realistically plan and budget around less. A better rate of return becomes a bonus
Maintains level with inflation, any excess provides growth
Long term for us is over 5 year window of investment portfolio
Based on putting as much money into super as possible, and majority of balance in blue chip dividend paying shares.
Current economics seem to be out of sync with interest rates so savings are being eroding.
I think even that number might be too high for the medium term if the world order of ultra low interest rates and low inflation helped by the rise of China and the globalisation of trade is over.
Our long term (14 years) return has been about 7% with annual returns varying between 24.51% (20/21) and -9.62% (21/22). Before this year our only years with losses were the GFC 07/08 & 08/09. As we grow older, gradually increase percentage allocated to fixed income - currently 50/50.
For the past 25 years of investing, our returns have averaged ~ 10%. For the future, am forecasting a 7% return, with annual expenses of ~ 3% of investment assets, excluding the house.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

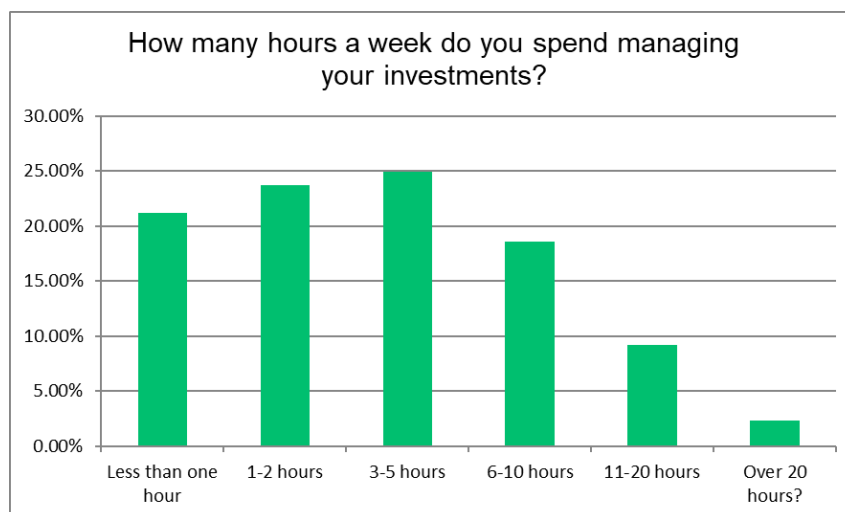
Risk/reward exercise. If there is a strong capital base, you can be more adventurous with part but always ensure that regular income is sufficient for at least 2 years into the future
Poorly phrased question: my answer assumes real return before tax
But on an annual basis more like 5% - 12% depending on circumstances.
I've been happy with around 7% to date, but recent events have muddied the waters in predicting future returns.
I have only shares, using a 30% geared retail fund which seems to generate 15% to 20% over the years. However, I use 7% plus inflation when doing my 30 year financial plan each year.
Better than inflation ... is the plan.
Estimating a rate of return is no more than a guess, which is totally dependent on assumptions - inflation, wars, market corrections, company collapses, oil prices, government legislation, etc etc
I find this level of return is quite achievable in the share market.
that is what i made over the last 20 years
Unable to foresee the market, but accept what eventuates
A wider range between 0 - 15% is likely, we doubt we'll see an average 7%-year very often.
More would be great of course but as long as it covers your needs and is a bit safe is fine too
Understand your super rules as they relate to you and longevity
After inflation. But it will be what it will be. We will adjust to meet whatever happens.
Personal investments and SMSF totalling \$3.4M invested in approx. 41% ASX equities, 25% overseas equities, 12% listed property, 12% alternatives and 10% cash.
Long term conservative return from a well diversified portfolio. Will of course fluctuate through market cycles.
We work on needs rather than expectations. So don't need to go chasing big returns. SMSF returned 13% last year, which was a bonus. We will achieve around 1.5% 21-22. Average 7% in future will enable us to maintain living standards without reducing capital.
cycle will change returns - so the will be varied but the new norm will be less than current / previous returns
Long term RoR given a significant portion of funds in the share market
Being cautious here with current economic uncertainty. Before current (2022) difficulties would have indicated 5%-7%.
shares where you get divy refund
Dividend investors and love franking cherry on top
Happy to see deposit interest rates slowly rise.
Central Banks are destroying financial balances around the world, making cycles extraordinarily volatile eg they took away interest on bank accounts
Running an SMSF and playing many spec stocks I have had to think more realistically.
I have access to wholesale investments in private equity, mortgage lending etc that offer higher returns. I expect average returns over the next 10 years to be less than we have experienced in the past few decades. I also expect more volatility due to higher interest rates and record global debt levels.
Our main investment is in our SMSF. That has achieved an average of around 8 per cent over 20 years.
Not expect but hope to achieve!
Average dividend yield.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

#### Q9 How many hours a week do you spend managing your investments?

Less than one hour	21.22%
1-2 hours	23.71%
3-5 hours	24.96%
6-10 hours	18.56%
11-20 hours	9.20%
Over 20 hours?	2.34%



Long term investor so mainly looking for opportunities at good value to add to the portfolio.
But I enjoy it and retired early (61) to trade and manage my investments
2 rental properties - we do all the maintenance
Not hard
Thinking about it for another 6-10 hours grow vegetables play sport - do not go near the clubhouse.
I have sufficient in my super which I haven't touched yet after losing my job 3 years ago. Am living off my redundancy and accumulated LSL and unused annual leave which were paid out.
Much of the time is used up researching!
My money are rental properties and income pension where we have a choice of investments. Obviously, no debts.
Every day when you wake up, it's a good day.
That is probably overdoing it - I account for all the transactions in the fund myself
i only mage a portion of the family assets the rest is with super/part pension.
Have financial advisor
Once you are up and running it takes less time. As you get older you simplifie the portfolio more. you also get the smaller car, boat, house, yard and the Sunday roast therefor requiring less income.
I'm passive. Too busy doing things I like more than managing money.
I enjoy economics and finance. I read and listen a lot but leave my investments alone. Inflation has eroded less of my cash position (30%) than the fall in my equities. Waiting for equities to approach fair value before buying selectively.
Most of the time is spent tracking investments rather than changing and buying and selling. We are conservative investors and quite happy with the returns over many years.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Varies, but the simpler it is the less stress - no over legislated superannuation helps, thankfully I never went into it, tried real estate instead.
I am 78 and health outlook is not great. Recently we wound up our SMSF for an industry fund to make our affairs simpler. We did well over 20 years but the investment scene is now more challenging.
In conjunction with a financial advisor
I spend quite a lot of time understanding market conditions and macro economic impacts.
plus the time analysing the markets
If your investments are in order and structured correctly, an hour is all you need
Went to a financial adviser and got things sorted out just the way we like them. Doesn't require too much managing now.
If investments are set up correctly for retirement then not much time is required to manage them
most take care of themselves but sometimes more time has to be spent to manage. Wise to watch everything carefully
Enjoy doing it. A sense of purpose. Watching ausbiz enjoyable and entertaining as well as helpful.
We pay an advisor to do it
Mostly set and forget
Of course it varies, that's probably about right
I'm just not active enough to get investment right.
It is a pretty solid slog but we share the load. I am blessed with an organised wife who keeps all the accounts in order. I manage investing and cash flow.
Handing over to a super fund could have been a better decision.
This includes reading the Australian Financial Review, Firstlinks, Morningstar.
This includes research
Managing our own affairs is interesting, challenging and rewarding. Don't be a slave to financial "advisors" or managed funds. With diligence, wide reading and common sense you can definitely match or beat the "experts"
You have to enjoy what you do
A lot of time is spend on daily reading to keep up with the equity market as well as keeping the ledger up to date. The worst aspect is having a pile of paperwork that have not been sorted and filed at least weekly.
Watch your investments carefully. My work commitments left me little time to monitor my super, and I found I had lost more than half through incompetence of my financial adviser.
It includes reading financial publications
I have a SMSF. I do not do a lot of trading and rebalance once or twice a year. I use a broker (and have for nearly 20 years ) and bounce ideas off her at times. I use a skilled accountant to prepare annual accounts and returns. Some weeks I spend very little time - just filing. Others about 2 or 3 hours.
Varies, depending on state of share market. Spend more time when share market is going well.
Still need to keep an eye on any investment. Still need to pay the bills on time. Still need to check on whether getting best bang for your buck eg insurance, term deposits etc.
It is not all set & forget. It is wise to take an interest, but not be tied to the desk. One can expect to have forced spells of absence.
Have a financial planner for our SMSF plus our tax returns are very easy (no trusts etc). Like reading about financial stuff every day
I only have superannuation.
the mix of managed funds, cash and real property in the SMSF of ours is pretty self-supporting, yet still provides a good night sleep.
If you are doing what you enjoy can it really be called work

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

I subscribe to a few financial advice newsletters, watch the market, have money spread among fixed interest, managed funds and try to buy and sell shares judiciously.
Monitoring more than managing
Managing a SMSF takes some time but is very rewarding.
if you are properly prepared retirement is "Six Saturdays followed by a Sunday".
None. I pay a financial advisor to do that for me.
Funds are in two portions. In my own name and in SMSF. They require time to organise. Reading and keeping informed is very crucial to good management. eg Firstlinks takes 30min~1hr per week. Thank you Firstlinks for a great, and free, informative, professional newsletter :)
Includes some active businesses
Includes reading the Fin Review and other published data/news daily
Mainly reading and researching investments and buying and selling shares.
Definitely a fan of passive investing with eye to diversified asset allocation
One property we manage. The other is managed by Real Estate
Add to that my interest in Economics and its interaction with the financial markets. Issues: buy and hold? 60:40? Thanks to Firstlinks and Morningstar and the ETF providers for addressing these issues.
That depends entirely if you count reading and investigating anything about investments - then the hours could be more.
Until 7 years ago it was quite time consuming. Now I can't be bothered and pay others but results are unimpressive.
So much research, but I can learn new things everyday. Actual day to day management may only be 3 - 5 hours pw.
Manage all superannuation & private investments personally. As a "ASA Company Monitor" also spend further 5 hrs/week
Except at tax time!!! The older you are the harder it gets and it is very difficult to get someone suitable who has the time to help.
Horses for courses. I love it and for years have taken all so called expert opinion with a pinch of. Don't be greedy or over optimistic and you won't be dissappointed. Allow for market corrections. Keep control of your money if you can and have the temperament for it. KISS to avoid SKI.
approx 1 hr a day
Just monitoring expenditure
I like to keep a keen interest on my investments
Depending on the time of the year, requirements vary considerably.
Updating my investment portfolio every Friday. Checking financial movement locally and globally daily. Communicating with financial planner and keep up to date with financial articles like Firstlink and others.
Hard to estimate, I enjoy reading finance and trying to make sure that I am on track. I don't tend to trade much as I am fully invested to the level I want.
This includes reading Firstlinks! I'm a buy and hold investor and use fund managers for small companies.
I have an SMSF. Most of my super investments are in the equity markets. I typically ride the ups and downs, and try not to get too stressed. As I age, the drawdown requirements get more oppressive. Halving the amount permanently would be good. There will come a point where withdrawing everything from super will be more cost effective than allowing it to continue till death, given fairly generous seniors tax offsets.
I love to watch the markets!
Reading and podcasts

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

Tried retail super through a high profile financial advisor but he kept forgetting to do things and my super underperformed. I had to keep monitoring and following up until I dumped him for industry super, happy now.
I enjoy stock trading and following the market.
Share trading properly requires a lot of time.
It's not work - it's intellectual entertainment!
I have an organised SMSF, but I keep being interested in activity related to it.
Not so much managing, as checking - so that I don't get blindsided, as in the GFC
More time around year-end, less during the rest of the year, but no less than 2 hours on average
This is my industry background
Should have learnt about investing when in my 20s. Investing should be taught as a core subject in schools.
A lot of that is devoted to reading. I enjoy this and it is my hobby in retirement.
On average over the year
Continuous monitoring at the back of my mind but not a great deal of active decision making
I review my Australian Health shares at least two times a week plus a weekend in depth.
I have a financial planner but I monitor the investments regularly and take an active interest in all decisions.
It is a hobby :-)
Managing is simple but sometimes extra thought is put into changes of strategy
Following ASX , reading reports , monitoring stocks in portfolio
We moved from our SMSF where we actively invested in a range of LICs, ETFs etc to our current strategy of letting the managers manage our funds as we directed into x% balanced indexed, y% International and z% Australian shares.
Financial consultant manages our investments and meets our expectations.
My partner loves doing this for our SMSF so I just keep up with my reading on financial affairs and attend monthly investment meetings.
Enjoy it and given I worked 60+ hours when I worked its easy
Self Managed Super, property issues, personal investments.
You don't have to pay an advisor but it's not for everyone. A good and honest advisor is essential if you can't be self directed. Use an industry fund.
It takes a lot of reading.
It varies week to week
Tracking my investments and making buy/sell decisions
A long term share portfolio comprises 75% of my investments. Set and (try to) forget
Lots of research.
I have our super in a top Industry Fund
This is too much time. The best investments are set and forget. Unfortunately we live in volatile times especially with the stock market. My preference now is for defensive more conservative investments.
could do less but it is a bit of a hobby, so time is not a problem. My lifestyle is set around it
Mainly for our SMSF and several investment properties. Of course I read widely on investments and legislative changes relative to my investments which I do not count as actually managing my investments.
I spend quite some time doing these surveys!!!!
Have been in a Industry Fund for the last 15 years, far more relaxed than when I managed funds myself. Have averaged around 8.5%. So happy no stress.

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

<p>Managing is a bit undefined. I read a lot of commentary. The newspapers, Morningstar, Motley Fool, Noel Whittaker, etc etc. And I have a financial planner, who is essentially bound by regulation to the point of being a necessity to have, but not a great contribution.</p>
<p>You r supposed to be retired ... spending those assets and chasing the grand kids staying healthy etc</p>
<p>enjoy doing it,</p>
<p>Time is spent reviewing &amp; understanding my SMSF &amp; Trust rather than managing - this is done by professionals. A further hour or so spent managing cash flow and paying accounts electronically.</p>
<p>I await the dividend statements</p>
<p>Just sold everything- consuming too much time and reward not guaranteed for effort. Putting it in a highly diversified fund</p>
<p>Owning own home and using industry super funds' balanced portfolios for pensions and accumulation accounts should provide adequate returns if maximum concessional and non concessional contributions have been put into super</p>
<p>I spend far more time reading about and following businesses and markets but very little time actually doing anything. If I never read or followed the markets it would likely make no difference to my returns. I only read about it as it interests me and I like to know the latest about my investments and I rarely find reason to change anything. In the last 13 years I've sold one stock due to poor performance, one because I thought it was ridiculously overpriced ( another lucky call because 12 months later the market agreed) and several others as I needed to allocate funds to an unplanned at the time business purchase.</p>
<p>Recently purchased a pension to remove remaining work load from SMSF, also to recognise increasing distance from market knowledge</p>
<p>Being well diversified. I manage some &amp; I've outsourced some. If you can get a Lifetime Defined Benefit Pension is the secret.</p>
<p>I don't have a SMSF. Much easier without and I sleep better.</p>
<p>the time it takes here was a lot more than i expected</p>
<p>It's my hobby.</p>
<p>I have a couple of indexed ETFs that don't need much management. I cashed out my super, I didn't think that the extra rules justified the tax advantages.</p>
<p>Depends on what's happening and where in the financial year it is. Eg super threshold</p>
<p>Mostly reading and research</p>
<p>set and forget, I'm not a speculator</p>
<p>over 20 hour when markets are falling and volatility is high because if you do not minimize drawdowns of your capital then you will never recover (eg. during the GFC 500K would have lost 280K leaving 220 so to get back to 500K requires an increase of 127% plus allowance for cost of living of at least 10%pa while withdrawing money to meet living expenses and maintain living standards</p>
<p>Busy. Minimal.</p>
<p>I enjoy managing my investments and consider myself as a small Fund Manager. I have now been retired since 1984 and it has been a wonderful experience.</p>
<p>Keep everything as simple as possible !</p>
<p>Just stick your money in index funds in an industry super fund, then focus more on how to get value from your spending. I did that after retirement and removed the burden of following investment trends, leaving more time and energy for new pursuits.</p>
<p>SMSF trustee</p>
<p>I used to spend a lot more time managing my investments when I had a SMSF but after rolling the money into two Industry Super Funds I don't need to spend much time on it. I continue to read financial articles but I make few changes to my investment options.</p>
<p>I like following financial markets as its always been a hobby. You do not really have to if you trust your super fund or invest in passive investments such as ETFs. If you have less saved, own your own low maintenance house.</p>
<p>Could spend more but did not retire to sit behind a computer again!</p>

## Firstlinks poll: Retirement experiences – July 2022

### Responses and open-ended comments

We use Financial adviser to help manage investments in our SMSF. Review every 6 months.
super = self funded pension ...now in hands of Industry Fund ..escaped from SMSF ...wish I had done this many years ago or indeed at the beginning ....
I intend to simplify financial matters to free up time and think and do other things
Mainly use an advisor
It is part of the enjoyment.
Mostly just checking income etc. Many weeks answer will be 'none' I employ an independant financial advisor to keep me on top of my investments. Regulation changes I do myself.
Set and hold good quality
slowly whitiling them down to a vanguard indexed fund but a life time of saving mentality and investments cant/shouldnt be unwound overnight ...
I read the morning star daily updates every day and listen to a variety of other people whose opinion I value
I have outsourced about 50% of my marketable securities portfolio and I manage the balance. My portion is mainly focussed on income, rather than growth, stocks.
Still like investing and monitoring the market but don't spend too much time on it.
have an SMSF but not one that requires significant attention.
I invest in the good performing LIC's - meaning I choose my prefered investment teams - and am not a stock picker. I remain very happy with the results - and also have international unlisted shares (Agribusiness) going back over decades!
Enjoy self managing my meagre portfolio
Fund manager does the leg work, I keep abreast of rental property and other share portfolio I play with,
Enjoy self managing my meagre portfolio
avid reader and at times of volatility watch markets more frequently
SMSF, family properties, family member small business, BAS, tax
Follow international news, read several investment articles, Terry McCran etc.
Mainly just checking bank accounts and each year working out what shares I will consider selling if price is right. I have money for 5-10 years in cash and term deposits.
SMSF managed by a financial advisor.
Set asset allocation and leave alone. Minimise fees. Half yearly do the spreadsheets to check total in (ie asset value plus income) & total out (essential plus discretionary). Adjust your strategy (or your life!!) accordingly.
You might think that's far too long, but for me it's an interesting hobby.
I've worked in the securities industry my entire life. You have to focus.
I have a financial adviser and I take a long term perspective so not much required day to day.
I work with a financial advisor who does all of the research
About an hour or so with respect to individual portfolios, if that (micro). I spend much more time (say, 10 hours) in background reading, comparative monitoring, legal and tax changes and income control, especially during volatile periods like the present (macro).
When I was younger (I first invested in super from MLC in 1978), it was set and forget. Now, I believe everyone in retirement should look and learn about where their money is invested. My gripe against Super companies is they keep how saving is invested from the client. Australian Super does have Members Direct giving a hands-on approach to investing. For this they charge a broker's fee on each transaction, but slug a further \$399 per year for the privilege--to me, that's double dipping?
managing this is done by the managed fund who I suppose has to remain nameless in this forum
Although do a lot of reading on economic matters.
I have a modest share portfolio outside super, but invest for long-term.



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### Responses and open-ended comments

Shares, rental properties.
I invested in LUC's
Its my interest and hobby. The mental exercising I hope is good for warding off dementia.
I visit my financial advisor twice a year.
All funds are managed externally.
I enjoy investing, so it's a hobby and I spend time reading which probably isn't necessary to manage the investments.
Managing SMSF
Probably excessive as focus on quality long term international stocks.
Mostly share watch and trading Super and work pension set for life.
Only use ETF's
Shares are one of my hobbies.
I have a SMSF which I do enjoy working on
It is "one of my hobbies" ....and the only one that gives me a financial return ! I actually enjoy the time spent in anticipation ! Today was NOT one I feel I would like to repeat ! ASX down 2% !
Part of those hours are my share trading which supplements our income nicely
I have a very healthy amount in the super system managed by an industry fund. I would never use a SMSF even though I was a wholesale portfolio manager who loved the work; I have moved on to other productive retirement activities.
Robo investing takes all the stress out of managing our investments
Have a licensed financial adviser to do this.
Keeping an eye on your investments, Keeps you sharp and on the ball
sharesight is very useful and saves time
I have had a hands on approach since retiring but have never felt like I was a good investor. However we will see out 20 years comfortably but not with as much left for the kids as we first thought
Have shares outside my industry super.
Reading, and more reading . Make it your hobby. Keeps the brain ticking over
One should at lest keep up with how things are going. Otherwise you have little hope of coping with the macro changes that surely happen. Knowledge allows you to sleep ok at night.
Outsource to a reputable Financial Planner
I have set mine up as a "set and forget" as much as possible and don't stress over movement in the stock exchange. Plus I have a great financial advisor with whom I catch up with every 3 months for a review of how my investments are tracking,
I keep a close eye on both the super fund and my share portfolio.
Financial Markets are a hobby of mine. I trade small nominal amounts just for fun.
It is mainly spent reading articles and working through the Super and retirement plans. No active investments
I have kept only a small number of investments in joint names with my spouse and worked hard to be debt free as soon as possible.
Having most of your financial assets in a large industry fund (eg Australian Super) with low fees and good returns means your only decision is asset allocation and level of income drawdown. Only other asset an inherited share portfolio with embedded capital gains so no point selling - just collect the fully franked income and franking credit refunds. DIY tax return via eGov.

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<p>Stock broker of many years and bond trader of many years provide reviews and suggestions on a monthly basis. My action generally limited to monitoring and following up rare anomalies.</p>
<p>I'm a member of an investment group what meets monthly for a day. This meeting requires preparation plus there are online meetings and Q and A's during the month as well so there is plenty of investment related involvement which I mostly enjoy.</p>
<p>Stock market has been a key interest since mid-80s. Also have good quals in this area</p>
<p>Obviously varies from week to week</p>
<p>Higher than previous. Most investment is in shares or share funds trying to understand the drivers of investment returns from 2020 forward has taken more time</p>
<p>Mainly spent on assets held outside of super ( shares). I enjoy the challenge</p>
<p>I manage my our SMSF &amp; enjoy the reading. We are self made, no inheritances</p>
<p>Union super</p>
<p>manage \$3 million in shares and investment unit</p>
<p>I got a bit complacent. This year has woken me up and made me get back on the ball. I have now doubled my time spent managing my investments. (6-10 hrs p/wk)</p>
<p>There are better things to do with one's life than spend excessive time actively managing investments,</p>
<p>I think I will eventually settle down to a handful of ETF's to reduce the admin burden while giving an amount of diversity. Investment property has been very stressful with tenant problems and damage and I would never advise anyone to go down that route.</p>
<p>We handed them over to an Investment Advisor five years ago to free us up and in preparation for when we do not or cannot do the work.</p>
<p>I read at least two hours a day about finance and investing. Love it.</p>
<p>I like finance/business. Not a chore unless I am filling out yet another form. I bear in mind JK Galbraith's saying about economists. At work whenever ` an expert' on a particular subject projected their views I'd follow the complete opposite. Worked. Also, never underestimate how self interest dominates. It's the best horse to back.</p>
<p>Absoltely essential.</p>
<p>I don't have a self-managed fund, but watch the fund's performance closely. I also have investments outside super and meet regularly with my Financial Advisor</p>
<p>You can't leave these matters to other professionals. It is important to have a good financial planner and accountant but you should remain on top of your own financial affairs.</p>
<p>Define "managing". I don't have an SMSF (makes life easier), just industry super and some 'extras'.</p>
<p>My part time job helps me keep up with many of the things that I need to manage my own affairs</p>
<p>I enjoy investing (not trading).</p>
<p>On average, over a year. "Managing" includes: Reviewing market information Reviewing individual investments Keeping abreast of (CONSTANTLY and FRUSTRATINGLY) changing super laws Planning tax strategies Doing tax return (I do my own)</p>
<p>This includes reading investment and financial articles as we have an investment portfolio larger than our superannuation.</p>
<p>Share Investing &amp; property management.</p>
<p>A daily task....sharemarkets and managed Super .</p>
<p>I look at my Portfolio maybe once a month, I've got more important things that are a priority. I'm a firm believer that your Health is the most important thing to look after - Money is important, but your Health (and family) are more important.</p>

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Practically none on my industry super fund. About 15 hours on rentals, share portfolio, and primary production (wool growing).
I have things pretty much in place. They are relatively small amounts compared, I would guess, to some of the Mandrakes in the room. My friend, theatre director Michael Kantor (privileged, but humble, and talented nephew of Rupert Murdoch) recently sold, I read, his house for \$24.1m. (!!!) It would take me all my earnings of 8 - 9 lifetimes to buy that house (and not have any money to spend on anything else). Thank God I don't have to spend all those hours on arranging my finances: invest to live not live to invest, eh?
I only do it myself as I enjoy it so much. I have degrees in commerce and finance and retired as an FCPA.
I like to keep an eye on things. I enjoy it
My super income stream permits rebalancing of investments as often as I like without switching fees.
And I love every minute of it
Expect to transition out of hands on real estate investments over time, reducing the hours needed
Includes management of emails
we expect to hand over management to a professional in about 5 years
We are of the 'set and forget' school. It helps having a useful store of super, some property and liquid assets.
Plenty of reading. Most of MY best ideas, I got from someone else.
Set & not much changed for 11 years now.
I attend 3 investor meetings a month, have no financial advisor and do all our personal taxes myself. Becoming financially educated and not letting people get between my money and I has been a big effort - with correspond rewards though.
can be very time consuming and makes holidays a problem
Over time this will reduce with at least 50% atm reviewing lead indicators.
Share trading is partly a hobby as well as income exercise
that's what a financial planner is for. We monitor monthly and meet with our planner 1-2 times a year.
We have a combination of corporate and industry funds. Despite my latter career in financial advice and remediation, I have no interest in starting an SMSF, which my wife would not want if I pre deceased her.
Share Trading - very hard in this volatile cycle.
love following the markets its been my hobby for many years
Keeps the mind alert
I have SMSF, I enjoy investing.
Use Australian Super
The asset allocation is reviewed 2-3 times a year depending on market conditions and changes in our circumstances. Specific investments are infrequently altered and so the managing the portfolio is low (the time required was greater in earlier years as there was research into investment structures, ongoing monitoring requires less time)
Prior to retirement my superannuation investments were all managed by an investment company. I found the fees were very high and the returns questionable. I changed my investment company more than once. After retirement I initially started out managing all my investments myself and used investment tools for advice on company financial health. Also bought subscriptions for direct investment advice. As I am now in my 70's I have moved more, but not entirely, to managed accounts and index investing which requires less direct effort and time from me. I expect this trend to continue as I get older.
By managing, I include monitoring not just specific investments but also the wider macro-economic and political environment that will impact on your life and investments.
I have my funds in quality industry super funds. I have gone down this route because I have seen that it is increasingly difficult to manage funds yourself as you age. I have learned a lot from observing the experiences of my parents and in laws.
Mostly managed for me in industry super, but some shares, and also on Council of Owners for property investment.

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Many more hours during Victoria's Covid-19 lockdowns incl. zoom sessions with investment houses/fund managers and the like.
I am 67 and this amount of time has quickly reduced. The advent of COVID and artificial messing of interest rates etc has reduced my competency in managing investments. Crypto , BNPL, IT startups etc are not in my capacity to fully comprehend to the point of investing. Nor would I outsource as it would be a de facto acceptance of assets that have not proven the test of time or justification.
I have a financial advisor
Hope to reduce this time but enjoy reading investment articles.
I am not active investor in the trading sense. I spend much more time following my investments than actually doing something.
review diverse investments every 3 months
I make all investment decisions for SMSF, compliance etc esuperfund.com.au (highly recommend)
I 'set-and-don't forget' my super and shares. I monitor them (record in excel spreadsheets & graphs) every week through curiosity and interest, but do not panic with fluctuations. Transfer any excess accumulated money from 'zero interest' everyday bank account to 'bonus' interest accounts on a monthly basis.
Most of that time is spent on computer watching the ASX. When this is really volatile I adjourn to the garden to pamper the plants and lawn.
Depends on what else is going on. Could easily ignore for a month if traveling.
I get regular investment emails (Livewire, Morningstar, Firstlinks etc) that allow me to keep up to date with the market. Apart from a handful of direct shares, I tend to invest the bulk of our investments with fund managers with a proven track record of performance over the medium to long term.
It is enjoying for me as I have a banking background but unless you can handle the ups and downs, leave it to specialists.
Super plus ETF.
It pays to follow financial markets and draw appropriate conclusions (e.g. not to rely on bonds to stabilise financial returns, when interest rates are at an all-time low)
My mental activity!!!
A well managed allocated pension and my own share portfolio don't require much more. I'm inclined to filter or ignore a lot of the investment "noise", and there's an awful lot at present!
Thank you for your newsletter. Unfortunately many people put greed above good investing, not helped by the Sharks in the industry, very poor media skills (absolutely unprofessional), and a concentration by so-called experts on buying the next great thing, with very little on when to sell (except for the doomsayers who have predicted 20 of the last 5 downturns). Long term investing is really not 3 or 5 years, it is at least 10 to 20 years.
All monies are now in a major superfund organisation, but we still keep an eye on markets and follow ASX web page.
This much time is not necessary but I enjoy managing and researching our finances.
At 6 months and 12 monthly intervals review forecast and compare actual make adjustments if necessary .Revise longevity estimates and health status
But I love the challenge, so it is easy.
5 and 10 years averages SMSF returns approx. 12% and 11% respectively.
Typically 15+ hours. Work load is highest during times like company reporting season and EOFY.
I leave it all to my super fund. Thanks guys!
Much of this time is spent reading current articles and keeping abreast of developments and opportunities.
This is time actively managing investments plus watching the market
We use an SMSF and a fin planner. We are conservative / passive investors 50/50 index funds and bonds mostly within super. We don't believe in active investment when we have modest relevant investment skills between us.
I happily pay fees for good fund managers and administrators to look after things.

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set and forget
always looking for new ways and products
includes the reading aspect to stay attuned, not just managing current investments
self managed investment covers a lot of categories
Spend hours watching the market and reading rather than actually managing. Most advisers would be very critical of my approach but they all seem to be still working and I have received very poor stock advice from some of them.
Over 100 individual investments creates a lot of incoming data that needs to be monitored and managed. I am an active tech angel investor which also takes time. However I don't regard this as work, more a hobby.
Once our SMSF was bedded down, the amount of on-going management is quite low. Of course, our financial adviser company does all the detailed accounting work - for which they receive a fee.
More if we include general reading of Bloomberg, Financial review and sites like this
Interesting hobby!
Family trust and a SMSF.