

1. The Retirement Training Program - Chapter 10 Assessment:

Please select the option that best matches your view on each statement

Mark only one oval per row.

	Agree strongly	Agree	Disagree	Disagree strongly
I'm a natural optimist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have clear things to look forward to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The prospect of life after full-time work excites me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm easily motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find healthy habits rewarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel really grateful for what I have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy exploring and trying new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am good at separating productivity and relaxation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to lean toward meaningful experiences over material rewards	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find self development rewarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can find rewarding things to do just about anywhere	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have things that happen weekly or monthly that I look forward to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have big meaningful things to look forward to in the long term	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have daily rituals that I find rewarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>