



LEAP

RETIREMENT COACHING

Social Relationships Reflection Quiz

Here's a 20-question quiz designed to help you reflect on your social relationships, identifying where they are thriving and where you might need to put more effort into deepening connections or expanding your network. The goal is to create a balanced, supportive social circle that brings value to your life. As you complete this assessment, you can record your ideas and potential actions on your Ideas and Insights Worksheet, available at www.LeapRetirement.com.

Section 1: Existing Social Relationships

- ☐ Do you feel that you have a strong support system in place with friends or family?
- ☐ Do you regularly connect with friends or family members, either through phone calls, video chats, or in-person visits?
- ☐ Do you have someone you can rely on to talk to when you're feeling down or need advice?
- ☐ Do you make time to nurture existing friendships by spending quality time together?
- ☐ Do you feel that your current social circle brings positivity and energy into your life?
- ☐ Do you share common interests or hobbies with the people you regularly spend time with?
- ☐ Are there people in your life who encourage and support your personal growth and well-being?
- ☐ Do you feel appreciated and valued in your relationships with close family and friends?
- ☐ Do you have friends or family members who you can have deep, meaningful conversations with?
- ☐ Are you open to making adjustments or compromises in your relationships to strengthen them?

Section 2: Expanding Your Social Circle

- ☐ Do you actively seek opportunities to meet new people or expand your social network?
 - ☐ Are you open to trying new activities or joining new groups to meet like-minded individuals?
 - ☐ Do you make an effort to connect with people outside of your usual social circle (e.g., neighbors, colleagues, acquaintances)?
 - ☐ Do you participate in community events or volunteer opportunities to meet new people?
 - ☐ Are you involved in clubs, classes, or organizations that offer opportunities to form new friendships?
 - ☐ Do you feel comfortable introducing yourself to new people and initiating conversations?
 - ☐ Do you make use of social media or online platforms to connect with new people or re-establish old relationships?
 - ☐ Have you identified any areas of your life where expanding your social network could benefit you (e.g., support, companionship, professional connections)?
 - ☐ Do you regularly follow up with people you meet to build stronger connections and friendships?
 - ☐ Do you feel that you are currently expanding your network in a way that aligns with your personal values and goals?
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Scoring:

- **Yes** = 1 point
- **No** = 0 points

Total Score:

- **16-20 points:** Your social relationships are thriving! You are actively maintaining strong, meaningful connections and expanding your network in ways that enrich your life.
 - **11-15 points:** You are doing well, but there may be a few areas where you could deepen existing relationships or meet new people. Focus on specific actions to strengthen your connections.
 - **6-10 points:** You may be feeling somewhat disconnected or have not put enough effort into cultivating your social network. Consider taking proactive steps to deepen relationships and meet new people.
 - **Below 6 points:** You may feel isolated or disconnected. It's important to take actionable steps to expand your social circle and strengthen the relationships that matter most to you.
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Section 3: Reflection and Next Steps

Existing Social Relationships

1. What are the top 3 actions you will focus on to improve your existing relationships?

Expanding Social Circle

2. What are the top 3 actions you will focus on to expand your social circle?

This quiz is a tool to help you reflect on your current social life and identify areas where you might want to invest more time and energy. It encourages both deepening existing relationships and seeking new connections, all while fostering a sense of community and support.

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