



When you intentionally reconnect with others, you boost your mental health, reduce loneliness, and bring more meaning to your life after retirement. It's not just about staying busy—it's about staying *fulfilled*.

Retirement Relationships Worksheet

Relationship Type	Name(s)	Connection Level (1–10)	Why This Person Matters	One Action This Week
Family				
Friends (Old + New)				
Community (Clubs, Church)				
Former Colleagues/Mentors				
Someone Who Needs You				

How to Use It:

1. Write down key people in each category.
 2. Rate how connected you feel to them (1 = not at all, 10 = very close).
 3. Reflect on why this person adds value to your life—or how you might add value to theirs.
 4. Commit to one action this week: send a message, schedule a call, meet for coffee.
-