

# Relationship Worksheet

Print this out or copy it into your journal to reflect and take action:

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## Retirement Relationship Reflection Worksheet

**1. Relationship in focus:**

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**2. Is this relationship mostly positive, mostly draining, or a mix?**

- ☐ Positive
- ☐ Draining
- ☐ A Mix

**3. What kind of effort does it require?**

- ☐ Occasional nurturing
- ☐ Constant maintenance
- ☐ Repairing
- ☐ Unclear

**4. Is the effort worth it? Why or why not?**

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**5. One positive action I will take this week to strengthen this relationship:**

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**6. When will I do it?**

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**The retirement you deserve is full of peace, purpose, and real connection. Let's make sure your relationships match that vision.**