

Retirement Relationships Reflection Worksheet

Inspired by Dave Smith, [The Ultimate Retirement Coach](#)

Building Fulfilling Connections in Retirement

Welcome to your Retirement Relationships Reflection Worksheet! The quality of our relationships has a profound impact on our well-being, especially during times of transition like retirement. Use this worksheet to pause, reflect, and nurture the connections that matter most.

1. People Who Uplift You

List three people who lift your spirits and make you feel better simply by being around them.

- _____
- _____
- _____

2. How Do They Make a Difference?

For each person above, note specific moments or qualities that help you feel better. Be as detailed as you wish—what do they say or do? How do they listen or support you?

- _____
- _____
- _____

3. Acts of Appreciation

Think of one way you will show each person appreciation this week. It could be a heartfelt note, a small gift, a phone call, or a shared activity.

- _____
- _____
- _____

4. Reflection Prompt

How does it feel to invest in people who genuinely care about you?

Take a moment to notice how these relationships enrich your life. What can you do to keep building these connections?

Thank you for taking time to nurture your retirement relationships—you deserve meaningful connections on your journey ahead!