

# JOINING ONLINE COMMUNITIES FOR CONNECTION

*Expand Your Social Circle And Stay Engaged From Home*

		YES	NO
1	Have you explored online groups or forums that align with your interests or hobbies?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you feel comfortable using social platforms, apps, or websites designed for group interaction?	<input type="checkbox"/>	<input type="checkbox"/>
3	Have you joined an online community where you regularly contribute or engage?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you feel a sense of connection or belonging from at least one digital group or forum?	<input type="checkbox"/>	<input type="checkbox"/>
5	Have you made new acquaintances or friends through online platforms?	<input type="checkbox"/>	<input type="checkbox"/>
6	Are you mindful of online safety and respectful communication when interacting with others?	<input type="checkbox"/>	<input type="checkbox"/>
7	Have you attended a virtual class, event, or meetup that was hosted by an online group?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you take time to respond to others' posts or messages in a way that fosters connection?	<input type="checkbox"/>	<input type="checkbox"/>
9	Have you set boundaries for screen time while still allowing for meaningful online interaction?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you view online communities as a way to enhance—not replace—real-life connection?	<input type="checkbox"/>	<input type="checkbox"/>

## QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR  
RETIREMENT READINESS

### What Your Answers Might Mean:



**7–10 Yes Answers:** You Are Building A Rich Network Of Digital Connection: You've embraced online communities as a valuable way to engage, contribute, and stay socially connected.



**4–6 Yes Answers:** You're On The Right Path But Still Have Work To Do: You've made progress in connecting online, and a few more steps could deepen your sense of community and support.



**0–3 Yes Answers:** You May Be At Risk And Need To Take Immediate Action: Without connection, isolation can grow—now is the time to explore online spaces that align with your interests and values.