

RECONNECTING WITH OLD FRIENDS

Restore Meaningful Bonds That Add Joy And Belonging

	YES	NO
1 Have you recently thought about old friends you'd like to reconnect with?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you taken the first step to reach out—through a message, call, or letter?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you feel open to rekindling friendships even if time or distance has passed?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you updated your contact information and made it easy for others to find you?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you plan visits or virtual catch-ups to keep old friendships alive?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you expressed appreciation or shared memories with a friend from your past?	<input type="checkbox"/>	<input type="checkbox"/>
7 Are you willing to forgive or move forward from past misunderstandings if needed?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you invite friends into your current life through shared activities or updates?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you maintained a mindset of curiosity rather than judgment when reconnecting?	<input type="checkbox"/>	<input type="checkbox"/>
10 Do you reflect on which friendships feel uplifting and worth nurturing again?	<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 Rebuilding Connections With Openness And Care: Your efforts show strong emotional awareness and a commitment to restoring bonds that bring value and warmth to your life.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're making meaningful progress, but reaching out more consistently can help rekindle lasting friendships.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Old friendships may fade without your attention—now is the time to reconnect and rediscover shared history and joy.