

NAVIGATING CHANGING FRIENDSHIPS

Adapt With Grace As Relationships Shift Over Time

	YES	NO
1 Have you accepted that friendships may naturally evolve, fade, or deepen over time?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you stay in touch with friends even if the frequency or format of connection changes?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you made peace with letting go of friendships that no longer feel healthy or reciprocal?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you remain open to forming new friendships at any stage of life?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you reached out to reconnect with someone when a friendship felt strained or distant?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you express appreciation and acknowledgment to the people you care about?	<input type="checkbox"/>	<input type="checkbox"/>
7 Are you comfortable having honest conversations when your needs or boundaries shift?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you reflected on the qualities you value most in your friendships today?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you allow space for friends to grow and change without judgment or comparison?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you cultivated a mix of long-standing and new friendships in recent years?	<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 Navigating Friendship Transitions With Wisdom: You've embraced the ebb and flow of relationships, allowing for meaningful, supportive connections to grow and thrive.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You're aware of the value of evolving friendships, and with more intention, you can strengthen the ones that matter most.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Without attention and flexibility, important friendships may fade—now is the time to nurture connection and release what no longer fits.