

Branching Out



Providing support and encouragement through the joys and challenges of this transition.

CORE VALUES

How do you feel about these values and how does your partner. How can you help each other?

Learning something new

Staying in touch with your health challenges and successes

Financial security, savings and retirement

Family needs and time together

Having your home the way you like it as far as decorating inside and outside

Community service

Feeling productive each day

Friendships

Spiritual practices

Travel

Entertainment weekly

Children

Stretching yourself to learn more about who you are and who you aren't. Who you might become?

Desire to change bad habits

Happiness

Having fun

Developing practices to feel peaceful

Having things like clothes, cars, tv, cameras, shoes, ipod, blackberry, cell phones, gym membership, country club, golf, yearly vacations, having friends over for dinner

Being creative

Sex

Romance

Being organized

Putting yourself first

Time with just you

Having celebrations as a part of enjoying life

Rituals

Brainstorming and having weekly family meetings

Print this list and have a copy for you and your partner. If you don't have a partner, do this for yourself as a "check in" about your values.

As you read each one, write down the first thought that comes to you. Your partner is doing the same thing. You might prefer doing it at separate times and not together.

Choose how to share it with each other. It could be when you are sitting outside, out to lunch, dinner or after dinner. Ask each other when it would be fun to explore these values.

Reviewing these core issues, helps you know you and your partner. This gives you a way to connect that is not the ordinary connection.

It is fun to check in with yourself and your partner in new ways. This is not about what you should do or who is right. This connection is about getting to know yourself and your partner in an updated way.

It can give a new road map in this empty nest journey of how do we want to live our life. What will be fulfilling for us now?

This is the intention of this way of talking with each other.

Have fun seeing what matters these days. Support you and your partner with open eyes and a curious mind.

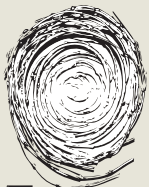
What if we changed our mind about what we have been thinking really matters to us?

We are all branching out.

Take care,

Natalie

Emptynestsupport.com



Empty
n e s t
Support Services

Individual Consultations • Phone Consultations
Support Groups • Speaker Engagements

P.O. Box 11684 • Ventura Blvd., Suite 960 • Studio City, CA 91604
(800) 446-3310 toll-free • (818) 763-0188 local • (818) 763-1743 fax
nataliecaine@earthlink.net • www.emptynestsupport.com