



BECOMING AN EMPTY NESTER

UNLOCK THE GIFT OF
RECONNECTION

*A Guide to Rediscovering
Connection and Joy in Your Next
Chapter*

Introduction

WELCOME TO YOUR NEXT CHAPTER!

Congratulations on stepping into this new stage of life as an empty nester. While this phase can feel overwhelming or even a bit lonely at first, it's also filled with opportunities for growth, reconnection, and joy. This workbook is designed to guide you through practical steps and reflections to help you strengthen your relationships and rediscover your own passions and interests.

Let's begin by exploring the Gift of Reconnection and how you can use the key of Family and Friends to unlock new fulfillment in your life.



Reflection Section

REFLECT ON YOUR JOURNEY SO FAR:

Take a moment to reflect on your journey as a parent and how your role has shifted now that your children have moved out. Use the prompts below to guide your thoughts.

1. How has your role within your family changed?
2. What are some emotions you've been experiencing in this new phase?
3. What are you most proud of when you think about your family's growth?

The Gift of Reconnection

THE GIFT OF RECONNECTION:

The Gift of Reconnection is all about nurturing the relationships that matter most in your life and rediscovering meaningful bonds with family, friends, and your community.

Exercise: Reconnecting with Loved Ones

1. Write down three people (family or friends) with whom you'd like to reconnect or strengthen your relationship.

2. What is one simple action you can take this week to reconnect with each person?

3. Schedule a time or event to make this happen (a phone call, coffee date, video chat, etc.).

REKINDLING YOUR PARTNERSHIP:

Rekindling Your Partnership Strengthening Your Relationship with Your Partner. If you have a partner or spouse, this stage of life can be a wonderful opportunity to reconnect and deepen your bond. With fewer daily distractions, you can focus on your relationship in new and fulfilling ways.

Exercise: Rekindling Connection

1. What shared activities or interests can you and your partner explore together?

2. Set aside time each week for a "date night" or a fun activity to strengthen your bond.

Examples:

Cook a meal together

Take a walk in a park

Plan a weekend getaway

Try a new hobby together

REDISCOVERING YOURSELF:

Rediscovering Yourself Reclaiming Your Own Passions and Interests

Now that you have more time and space, it's the perfect opportunity to reconnect with yourself and rediscover hobbies, passions, or dreams that may have been on hold.

Exercise: Passion Rediscovery

1. List three hobbies or interests you used to enjoy but haven't had time for.

1-

2-

3-

2. What's one small step you can take this week to reintroduce those activities into your life?

3. Set a goal to try one new activity in the next month that excites you.

GRATITUDE PRACTICE:

Gratitude for this New Phase

Gratitude is a powerful tool for shifting your perspective and bringing joy to everyday life. Practice gratitude by focusing on the opportunities and connections this new stage of life offers.

Exercise: Gratitude Journal

Write down three things you're grateful for in this new phase of life.

- 1.
- 2.
- 3.

How can you incorporate more gratitude into your daily routine?

VISUALIZATION AND AFFIRMATIONS

GUIDED VISUALIZATION EXERCISE:

The Gift of Reconnection. Take 5 minutes today to visualize the Gift of Reconnection. Imagine yourself surrounded by loving family and friends, feeling fulfilled and supported. Picture yourself thriving in this new chapter, embracing reconnection with both others and yourself.

AFFIRMATION:

"I embrace this new chapter with love, gratitude, and the gift of reconnection. I am surrounded by the support of family and friends."

Conclusion and Call to Action

THANK YOU FOR COMPLETING THE WORKBOOK!

Congratulations on taking steps to unlock the Gift of Reconnection and embracing this new phase with joy and purpose. Remember, your relationships with family, friends, and yourself are treasures that continue to grow and evolve. I encourage you to keep exploring the GIFTS method to unlock even more keys to transformation.



Next Steps:

For more resources, visit www.gifts.elainelombardi.com/free-gifts

Subscribe to the GIFTS Podcast for more insights and guided visualizations

Keep this workbook handy for reflection and action in the coming weeks!



<https://amzn.to/4dNOSzU>