



# A Checklist To The Empty Nest Roadmap

The empty nest journey is a transformative phase in life, marked by a mix of emotions and newfound opportunities. It begins with preparing the home for the next chapter, decluttering and revisiting shared spaces to reflect changing needs. As the children embark on their own paths, parents can look at redefining their routines, focusing on self-care and personal growth. Communication with adult children becomes a delicate balance of support and independence.

In the heart of all the changes, as empty nesters you have the chance to embrace new opportunities. You can rediscover your passions, nurture

relationships, and explore new interests. Financial planning and downsizing may be necessary to adapt to the evolving circumstances. Throughout this journey, self-care and personal fulfillment take center stage, empowering empty nesters to create a fulfilling life that aligns with your values.

Remember to adapt the checklist based on *your* specific circumstances and preferences. Add or remove items as needed, use this checklist at a *starting point* to guide your empty nest preparation process.

## Declutter and Organize Bedrooms:

- Sort through belongings and donate, sell, or discard items no longer needed.
- Create designated storage areas for sentimental items or belongings to keep. If packing up, label the contents clearly on the outside of the box.
- Rearrange or repurpose bedrooms for alternate uses, such as a home office or guest room.\*

\*(Initially I waited to occupy their space, I cleaned and organized at first. Unless the need for the space arises.)

*Affirmation: I trust in the process of decluttering, knowing that each item released creates space for growth, renewal, and self discovery.*

## Revisit Shared Spaces:

- Reimagine common areas like the living room, kitchen, and dining area. A corner in the living room for a home office set-up or repurpose dining room for game night. ( I took some space in our living room for my yoga practice.)
- Consider removing or repurposing furniture or decor to accommodate changing needs. How else may these things be used?
- Create designated spaces for hobbies or interests that can now take priority.

*[Affirmation:](#) I celebrate the memories created in this room while embracing the excitement of its transformation, creating a fresh and vibrant atmosphere that inspires me.*

## Update Household Routines:

- Adjust cleaning schedules and responsibilities to reflect the absence of children.
- Revise meal planning and grocery shopping habits to account for smaller portions. Cooking for two is a shopping adjustment. Not

only the amount of food, but also in the type of food you now choose to buy.

- Consider adapting daily schedules to accommodate newfound free time or personal interests. Schedules help you from feeling lost at first. This is important for your mental wellbeing until you adjust more fully.

*Affirmation: I release old habits and welcome new routines that bring joy, organization, and simplicity into my daily life.*

## Communicate With Adult Children:

- Have open and honest conversations about expectations and boundaries. (Especially when they are in between sessions/breaks from college.) or living at home after High School.
- Discuss their plans for keeping in touch and visiting, if applicable.
- Foster open and non-judgemental lines of communication with your adult children. Let them know they can always reach out to you, whether it's for advice, sharing their experiences or just catching up.
- Discuss any concerns or emotions you have related to the empty nest phase. (With your partner, friend, mentor or coach)

*Affirmation: I nurture a relationship of trust and mutual support with my adult children, allowing our communication to strengthen our bond and grow deeper over time.*

### Focus on Self-Care and Personal Growth:

- Explore new hobbies, interests, or activities that bring you joy and fulfillment. Rediscover interest that you may not have had time for.
- Prioritize self-care practices, such as exercise, meditation, or pursuing personal goals. Who are you Today? So much more!!!
- Seek support from friends, support groups, or counseling services if needed.

*Affirmation: I am deserving of self-care, self-love and personal fulfillment in this new phase of life.*

### Review and Adjust Finances:

- Assess your financial situation and make any necessary adjustments.

- Review retirement savings and consider consulting with a financial advisor.
- Update insurance policies and beneficiaries if needed.

Affirmation: *I am capable of making wise financial decisions that align with my new circumstances and goals as an empty nester.*

### Rediscover and Nurture Relationships:

- Plan activities or outings with your partner or friends to strengthen your relationships.
- Reconnect with old friends or explore new social opportunities. You have more time now to enjoy some of these connections.
- Consider joining clubs, organizations, or volunteering in your community.

Affirmation: *I am committed to investing time and effort in cultivating healthy and fulfilling relationships, knowing that they bring joy and richness to my life.*

### Embrace New Opportunities:

- Explore personal or professional goals that were put on hold while raising children.

- Consider taking classes, attending workshops, or pursuing new career paths. Is there something you are interested in that you did not have time for before.
- Engage in activities that bring a sense of fulfillment and purpose. Be choosy because it's important to enjoy this chapter, but don't be afraid to try as many new things as you can. You can then decide if you want to pursue them any further.

*Affirmation: My life is filled with endless possibilities, and I'm ready to explore new interests and experiences.*

### Create a New Routine:

- Establish a new daily routine that reflects your personal interests and priorities. This is just for you!
- Allocate time for self-care, hobbies, socializing, and pursuing personal goals. (Again maybe something you didn't have time for before.)
- Embrace the freedom and flexibility that comes with the empty nest phase.

*Affirmation: I am capable of adapting to change and finding new purpose and fulfillment in this stage of life.*

As you come to the end of this checklist, remember that your journey through the empty nest phase is unique and personal. If you ever find yourself seeking guidance, support or a partner in navigating this new chapter, know that my coaching services are here for you. Feel free to reach out whenever you're ready to explore how we can work together to embrace all the wonderful opportunities this phase brings.

**Affirmations:** This is your journey, and these affirmations are here to guide you. You will know which ones speak to you; they are your personal compass, not just a set of words.. This is your roadmap to self -discovery. Embrace the realness of who you are, and let each affirmation be a reminder of the incredible individual you are as you continue to unfold.

**How to Use Affirmations:**

Find a quiet moment, take a deep breath, and immerse yourself in the words. Read them aloud or silently, allowing each affirmation to resonate.

(Not all of them will resonate with you, find the ones or the one that does.)

Remember the power lies in not just reading but absorbing the affirmations, making them a part of your mindset and guiding you towards positivity and self-empowerment.

Repeat them regularly, preferably in front of a mirror, to reinforce positive beliefs and embrace the opportunities that come with being an empty nester.

Begin a routine of practicing reciting the affirmations that resonate with you twice a day for at least 3 minutes each time. I usually do this when I wake in the morning and before bed. Try to be consistent.

Love,

Kimberly j Life Coach, Strategist & Mentor

Email: [hello@coachmekimberly.com](mailto:hello@coachmekimberly.com)

FB: <https://www.facebook.com/profile.php?id=100087380603480>

