

CHECKLIST FOR THE LONGER TERM

Check off items as they are completed.

- Take a vacation away from home, preferably with a friend or family member
- Try starting a new activity that you think may interest you
- Try joining a new club or other group, or renew activity/membership in an old one
- Consider whether a move is in order, e.g., to a senior residence, smaller home, or nearer children. Many professionals advise waiting a year to make such a major decision
- Be open to a new close relationship with someone. However, it might be wise to take a year or more before making a serious commitment