

POWER UP

YOUR RETIREMENT



“Treasure your relationships, not your possessions.” Anthony J. D’Angelo

My Relationships

Bruce O’Hara, author of *Enough Already: Breaking Free in the Second Half of Life* says that “setting goals around relationship may be more important to your well-being than the financial goal-setting that so often preoccupies people at mid-life.”

Our brains are designed to be social - and the need for human contact is greater than the need for safety. The research by Matt Lieberman and Naomi Eisenberger, scientists at UCLA, have shown that feeling socially excluded activates some of the same neural regions that are activated in response to physical pain, suggesting that social rejection may indeed be “painful.”

Your personal relationships and connection with others are extremely vital to your health, so, its important to start to pay more attention now to your relationships and nurture existing as well as make new relationships before retirement.

What is the current state of your relationships? Are they healthy? Are you satisfied with your relationships?

The exercise you are going to complete in this module is simple but very powerful. You will have a visual of your personal and professional connections and a better understanding of the quality of your relationships.

'My People Map' Exercise

What you need:

- Note pad / Lined paper
- Large piece of blank / unlined paper like flipchart paper
- A black marker
- Four different coloured highlighters or markers

Step 1

Please make a list of all the people you know and connect with in some way in your life – spouse / partner, children, family, lifelong friends, work colleagues / co-workers, neighbours, people with whom you share an interest including sports teams, service clubs, church or other groups, committees, hobby clubs; and finally the people who provide services to you including your doctor, dentist, hairdresser, etc. This list will help you complete the rest of the exercise.

Step 2

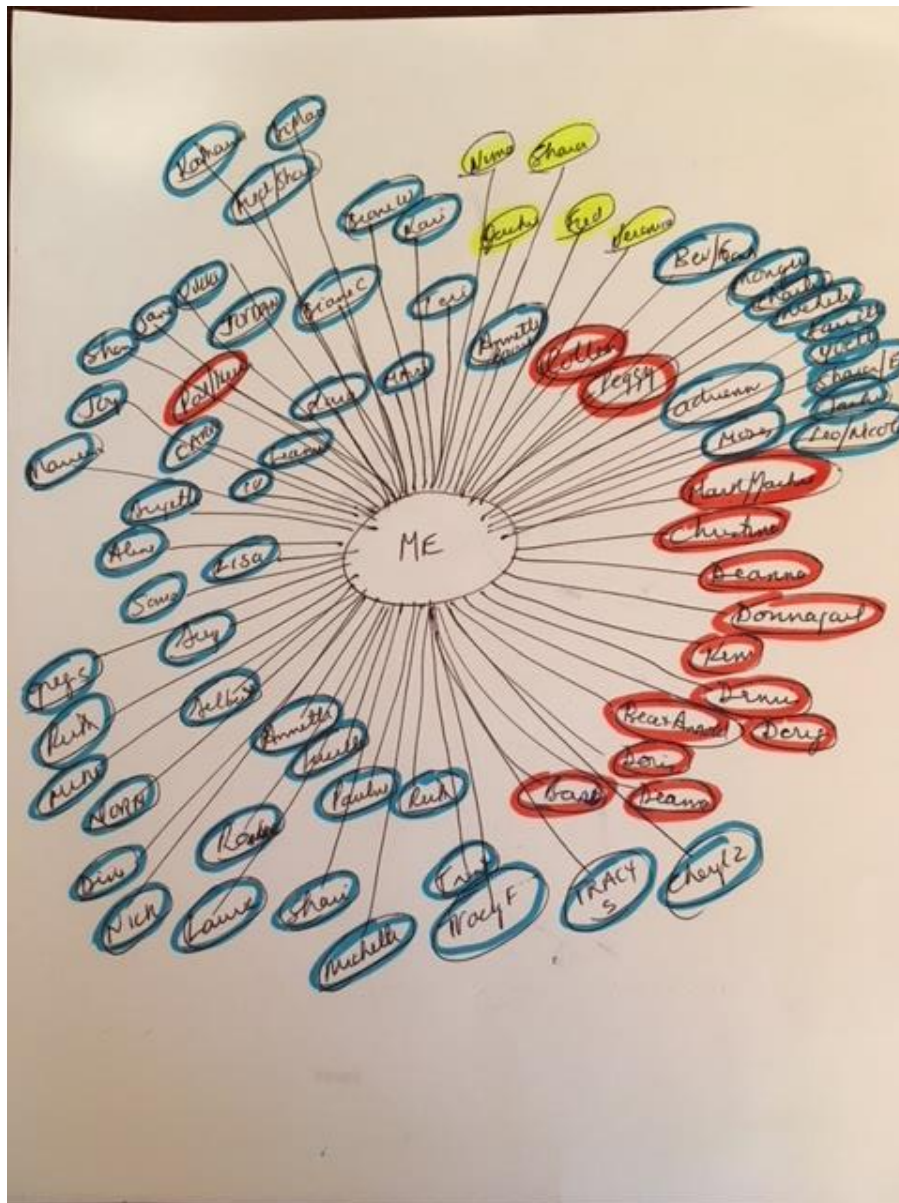
On a large piece of paper, draw a small circle in the centre and put your name in the circle or the word 'ME'.

- a) List the names of people you are close to, love the most and know well; draw a circle around each name and connect it your circle with a line.
- b) Then list the names of people you associate with but know less well; put a circle around each name and connect each person to you with a line.
- c) Finally list the names of people that are acquaintances, people you know by name but not that well; put a circle around each name; and connect them to you with a line.

Step 3

Using a different colour highlighter for each of the following groups, highlight the circle and / or the name of the person you see:

- a) on a daily or almost daily basis
- b) once a week
- c) only occasionally



Step 4

Please answer the following questions once you have completed Steps 1 – 3.

Based on the visual of your People Map, what do you notice?

What surprises you?

Are the people who are most important in your life close or farther out than you would like?

Are you satisfied with your relationships and how often you see them? If yes, why? If no, why not?

Who usually initiates the contact between you and these people?

Who is farther out than you would like?

If you removed the work relationships, how many relationships would remain?

How do you feel about who is remaining?

Which of your work colleagues / co-workers do you want to stay in contact with once you leave work?

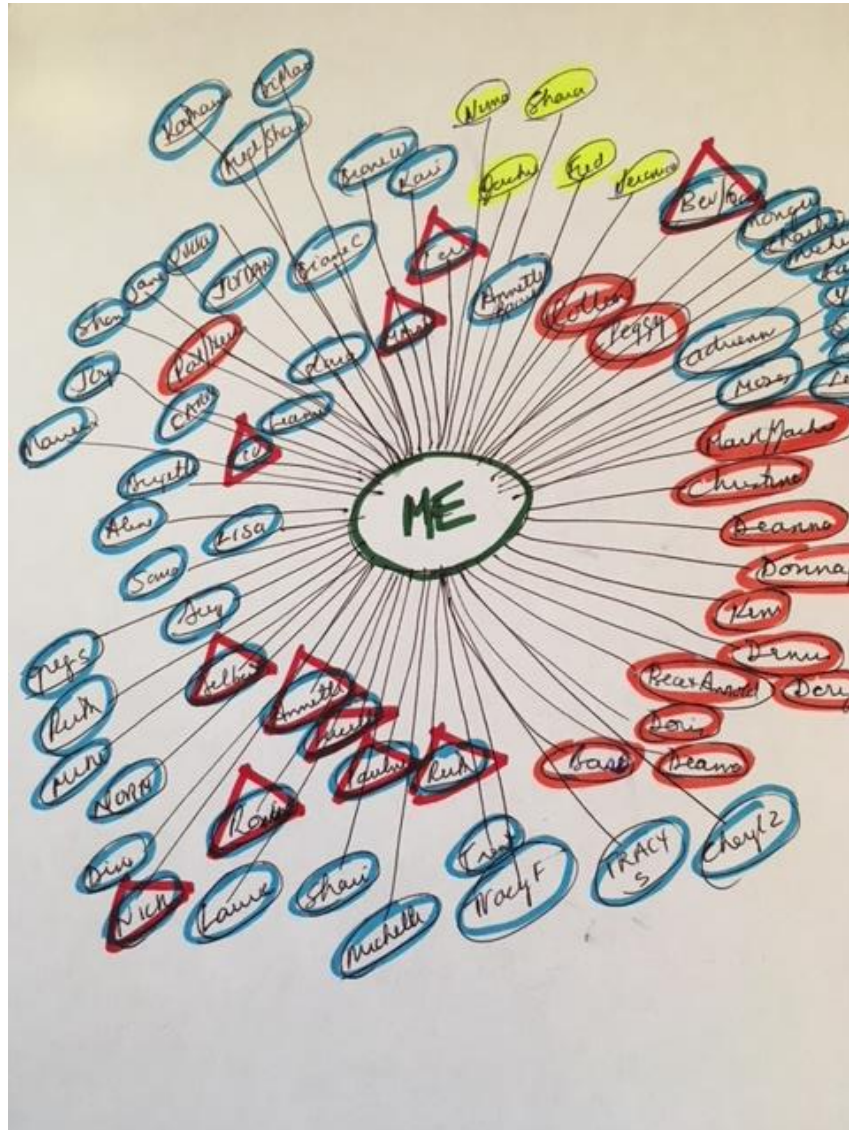
What do you wish was different?

What is the biggest change you want to make to strengthen your relationships?

What actions will you take to increase your level of satisfaction?

Step 5

Identify the people you would like to move closer to you having contact with them more often. You can use a different coloured highlighter or a shape such as a triangle, square, etc.



Once you have completed the exercise, fill out the 'My Insights' form to capture your insights and actions you are going to take to start strengthening your relationships.