Empty Nest Readiness Checklist

By Anthony Damaschino

Mark Yes or No for each question that applies to you. Pick one answer to work on first.

Emotional & psychological readiness

Self-Awareness: Have you reflected on your identity beyond your role as a full-time parent?	☐ Yes	☐ No
Grief Processing: Have you acknowledged and begun to process any feelings of sadness or loss associated with your children leaving?	☐ Yes	☐ No
Positive Outlook: Can you identify at least three exciting opportunities or freedoms that the empty nest will bring?	☐ Yes	☐ No
Support System: Do you have a strong network of friends, family, or a community to lean on during this transition?	☐ Yes	☐ No
Mindfulness: Do you practice mindfulness or other techniques to manage stress and stay present?	☐ Yes	☐ No

Relationship readiness (for couples)

Couple Time: Have you and your partner discussed how you will spend more quality time together?	☐ Yes	☐ No
Communication: Are you both committed to open and honest communication about your feelings and expectations for this new phase?	☐ Yes	☐ No
Shared Goals: Have you identified new shared hobbies, interests, or goals to pursue as a couple?	☐ Yes	☐ No
Intimacy: Have you discussed rekindling intimacy and connection in your relationship?	☐ Yes	☐ No

Parenting adult children

New Boundaries: Have you established clear, healthy boundaries with your adult children regarding communication, finances, and independence?	☐ Yes	☐ No
Support vs. Intervention: Do you understand the difference between supporting your adult children and over-parenting them?	☐ Yes	☐ No
Letting Go: Are you comfortable allowing your children to make their own decisions and learn from their own experiences?	☐ Yes	☐ No

Personal growth & purpose

New Hobbies: Have you identified new hobbies, interests, or passions you want to explore?	☐ Yes	☐ No
Career/Volunteering: Are you considering new career paths, volunteer opportunities, or ways to contribute to your community?	☐ Yes	☐ No
Learning: Are you open to learning new skills or pursuing further education?	☐ Yes	☐ No
Self-Care: Do you have a self-care routine in place to prioritize your physical and mental well-being?	☐ Yes	☐ No

Financial & practical readiness

Budgeting: Have you reviewed and adjusted your household budget now that your children's expenses may change?	☐ Yes	☐ No
Future Planning: Have you considered your long-term financial goals, retirement plans, or estate planning?	☐ Yes	☐ No
Home Management: Have you thought about downsizing, repurposing empty rooms, or adjusting household chores?	☐ Yes	☐ No

One thing I'll work on first _____

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