

THE EMPTY NEST

– A REFLECTION GUIDE –

♥ Begin your second act. ♥



NAME THE GRIEF

- What do you miss most about the daily role?
- Where do you feel the quiet the most?



REDISCOVER YOU

- What did you set aside during the parenting years?
- What is one small step back toward it?



TEND YOUR PEOPLE

- Who do you want to reconnect with?
- What could this next chapter with your partner or friends look like?



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Connection heals. Conversations help.