



The Village Worksheet

THE INDEPENDENCE PLAN · FOR ADULTS 55+

Three rings, one short list, one small move. Walk it once now. The point is not to feel bad about how thin any ring is. The point is to see clearly, the same as walking through your own house with fresh eyes, so the next small move is obvious.

1 Inner ring

People who would actually come on a bad night. Pick up at nine on a Tuesday. Stay on the line. Show up at the door.

2 Middle ring

People who would help with a specific thing if you asked. A ride. A meal. A few hours. A favor.

3 Wide ring

Everyone you know but are not really in each other's lives. The waves and the pleasantries. Some of these can move inward, on purpose.

Your next moves

A One person I have let go quiet that I will reach out to this week (no occasion needed):

B One specific, concrete offer I can make to someone in the next two weeks (not "let me know if you need anything"):

C One small recurring thing I will commit to (a standing walk, a Sunday call, a monthly group):

D One small ask I can practice making, low stakes, this week:

This week

Send **one message**. To **one person**. For **no occasion**. That is the whole exercise.