

CONNECTION STARTER QUESTIONNAIRE

CONNECTING WITH SELF:

What makes you feel joy? (Think about what you loved as a kid. Can you borrow anything from your inner child?)

What are your hobbies, passions, or interests?

Take a moment to just breathe. Notice your feelings. Notice any unmet needs. Write down what you notice. (Repeat daily.)

What makes you feel most connected to your purpose or the world around you?

CONNECTING WITH OTHERS:

Who do you feel connections with now? How do you support one another? List all your friends, family-members, and co-workers with whom you have a strong relationship and how that relationship supports you.

What other ways would you like to feel supported?

Can you get involved in a community group that can guide you toward a connection that fills that gap?

Is there someone in your community or workplace you've been curious about? What small steps can you take to start building a connection with this person?

