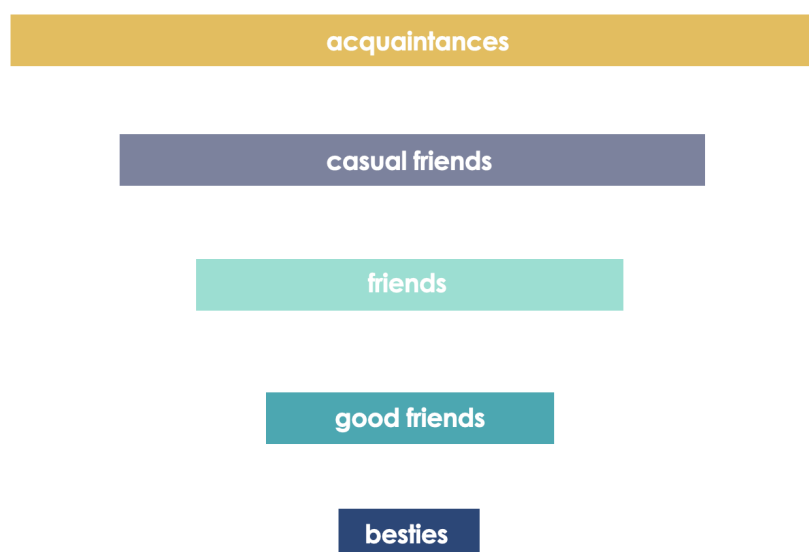


FIND YOUR PEOPLE

I'd like more or deeper connections with these people or in these places in my life:

PULLING DOWN LEVELS



identify who at work is in your acquaintance that seems like you might enjoy knowing better:



identify action steps you could take to get to know them better, spend more time together, or grow your connection with them:

Think about the personal benefits you'd see at work and in your personal life by working to be more connected with others. What are a few that you'd like to see happen in the coming year?

5 STEPS TO COMMUNITY BUILDING

- | | | | | |
|---|--|---|--|---|
| 1 | | Something: <input checked="" type="checkbox"/> In common | <input checked="" type="checkbox"/> To care about | <input checked="" type="checkbox"/> To connect us |
| 2 | | Something/one: <input checked="" type="checkbox"/> Is shared | <input checked="" type="checkbox"/> Feels listened to | <input checked="" type="checkbox"/> Goes deeper |
| 3 | | Something/one: <input checked="" type="checkbox"/> Is appreciated | <input checked="" type="checkbox"/> Is recognized | <input checked="" type="checkbox"/> feels special |
| 4 | | Something/how: <input checked="" type="checkbox"/> Is tested | <input checked="" type="checkbox"/> We dig in | <input checked="" type="checkbox"/> We grow |
| 5 | | Something/way: <input checked="" type="checkbox"/> Got real | <input checked="" type="checkbox"/> We're strengthened | <input checked="" type="checkbox"/> More meaningful |

FIND YOUR PEOPLE

CREATING MEANINGFUL CONNECTIONS

- 1 **LOOK IN ALL _____ OF YOUR LIFE:** The more acquaintances you have, the larger the pool of potential meaningful connections. Think about places you frequent (association meetings, conferences, the gym, in your neighborhood), think about people you used to work with, and think about new activities you could try in an effort to meet people (ERG groups, volunteering at work).
- 2 **DRAW _____ FRIENDS IN:** Set the intention to pull people down the levels by asking them to connect for coffee, lunch, or on a side project. Continuing to ask, despite the outcome is key. Consider aligning a task you are already doing (going to lunch, stepping out for a walk) and invite a co-worker.
- 3 **ASK _____ QUESTIONS:** Part of feeling connection is our level of transparency and openness. Be present and attune to others, and ask questions that go beyond, "How are you?" Offer to help, be a good listener, and stay focused on others' needs when you can and it makes sense.
- 4 **CONSIDER YOUR _____:** What is one hold up or hang up when it comes to you cultivating more or deeper relationships at work? Consider asking a co-worker to attend events with you or buddy up at large meetings to help you both initiate new connections. Dig in to why and when you tend to isolate.

My number one takeaway today is...

ACTION STEPS

Copy the action steps you listed on page 1 of this worksheet and identify the person you could take this step with. For example: *Invite to a coffee > Linda from Accounting or Text to meet you for lunch > Mary from your previous job*

_____	>	_____
_____	>	_____
_____	>	_____
_____	>	_____

List a few of your blockers to connection:

What's one thing you can do the next time this block arises?