



# Deepen Connection

**Starting Point**

**My starting point with connection is:**

**Proof**

**The things I notice when I feel more connected are:**

**Actionable Ideas**

**The strategies that help me feel more connected are:**

**Relate**

**The pillars I focus on to help me deepen connection are:**

**Knowledge**

**What matters to me most about feeling more connected:**

**Self-Reflection**

**The goals I'm setting for myself to deepen connection are:**



Sleep Better



Move More



Eat Well



Reduce Stress



Deepen Connection



Minimise Harm