

What do I do with this?

You have a chance to use what you have gathered here. First, get in the right head space to reflect on yourself. There are questions below to help you get your own clarity before moving on to the focused tools and self-assessment in the next chapters.

In your personal life:

If you need help on the questions below about your personal life, then consider input from those you call when you are happy or sad. The people who do not stress you but leave you feeling listened to and appreciated. This could be friends, family, a mentor, or a coach.

- Do you feel respected by your friends and family (real or chosen)? Yes, at home this is critical. Everyone wants to feel needed and appreciated.
- Do you feel inspired by your surroundings? Are you around things you enjoy?
- Have you made wise decisions to reduce your stress? Is your living situation affordable?

In your work life:

If you are struggling to answer the questions below, ask a work colleague or two for their input. They need to be people you respect. Otherwise, you may find the input not useful or ultimately ignore it. Go to those you reach out to for new perspectives and those who also come to you for help (*that means they know the value you bring*).

- Are you using your key skills (mowow) in your current work life?
- Does your work feel natural, energizing, and not draining (superb powers)?
- Do you walk away feeling valuable and appreciated?

If you are still struggling with the questions above, you may want to consider a coach or therapist. There are also assessments that are quite helpful. A coach can walk you through options. I find that understanding yourself is a good start.

You've done the inner work. Now it's time to turn that insight into action and design the connection journey ahead.

With your foundation set, let's move into the next chapter with intention.