

## Rate your Connection Journey

Maybe you know where you want to start your connection journey. Great, go for it. If you need a little help pinning down the place to start, complete the self-assessment in this chapter. Your goal is to **narrow to one or two focus areas**. A whole list is overwhelming. After you make progress on one or two things, come back and reassess yourself. Then consider your next step in your connection journey.

This topic is not the same as subjects in school or skills where you excel or do not. It is about doing the right things for you. In this case, you are caring about yourself. This journey may be difficult, especially if you are still getting your footing on your skills. Or you might need to make decisions about where you live, who you spend time with, or where you work. Those are big things. Eventually, you need to be able to feel good about each of these areas.

As you complete the ratings below, decide first: Do I want to focus on my lowest items or my slightly low items. How stressed are you right now? If work and life are tough, then I would start with an easier item to lean into first. Then, once you feel ready, pick a lower rated item you want to improve. You can always come back to the stronger areas, and you should.

**Let these ratings guide you toward the parts of your connection journey that need your care right now.**

### Rate Your Connection Journey

Rate each item from 1-7 to identify your top focus areas.

1 = not doing this at all    7 = I do this all the time

### Live Fully

| # | Focus Areas                                              | Rating<br>(1-7) | Notes                                                                      |
|---|----------------------------------------------------------|-----------------|----------------------------------------------------------------------------|
| 1 | <b>I surround myself with people I love.</b>             |                 | <i>Values align; relationships feel reciprocal and energizing.</i>         |
| 2 | <b>I know who is in my VIP seating, and I tell them.</b> |                 | <i>These are your A+ people. The ones you cannot imagine life without.</i> |
| 3 | <b>I use my key strengths every day.</b>                 |                 | <i>Not using strengths drains energy and satisfaction.</i>                 |
| 4 | <b>I am proud of where I am in my career.</b>            |                 | <i>You make an impact and work with people who share your values.</i>      |
| 5 | <b>I have time to recharge each day.</b>                 |                 | <i>You have balance and ask for what you need.</i>                         |

## I am True to Me

| # | Focus Areas                                        | Rating (1-7) | Notes                                                                       |
|---|----------------------------------------------------|--------------|-----------------------------------------------------------------------------|
| 6 | <b>I state what I believe without apologizing.</b> |              | <i>Only you can share your values and your instincts.</i>                   |
| 7 | <b>I speak up on topics that matter to me.</b>     |              | <i>Be courageous; do not walk away wishing you had spoken.</i>              |
| 8 | <b>I share openly with people I want to know.</b>  |              | <i>Be vulnerable; share more than a few sentences about yourself.</i>       |
| 9 | <b>I forgive my honest mistakes.</b>               |              | <i>Consider your intent and move on. Do not rehearse negative thoughts.</i> |

## Work Success Focus

| #  | Focus Areas                                          | Rating (1-7) | Notes                                                           |
|----|------------------------------------------------------|--------------|-----------------------------------------------------------------|
| 10 | <b>I know my strengths and use them at work.</b>     |              | <i>If not, you may be in the wrong job.</i>                     |
| 11 | <b>I keep trying, even when I need to pivot.</b>     |              | <i>Think like a scientist: learn, adjust, and keep going.</i>   |
| 12 | <b>I ask for input and listen to understand.</b>     |              | <i>Listen without planning your rebuttal.</i>                   |
| 13 | <b>I get to know the people around me.</b>           |              | <i>Ask what matters to them; understand their world.</i>        |
| 14 | <b>I tell people what they are good at doing.</b>    |              | <i>Appreciation counts. Someone did this for you.</i>           |
| 15 | <b>I give people chances to use their strengths.</b> |              | <i>Take a risk on someone who is ready for the opportunity.</i> |

## My Starting Point

These are the two areas I will work on first.

|   |  |
|---|--|
| 1 |  |
| 2 |  |

Revisit this page every few months to see how far you've come.

You've mapped your starting point; now plan your first step. See the next two chapters for some inspiration.