

CONNECTION REFLECTION

What is your purpose in life? What is your personal mission and vision? These two essential questions are the basis to evaluate if you have the support you need and want to pursue and attain true meaning in life.

Rate the following influences in your life, 1 – 5 (1 = no connection to 5 = strong connection).

INFLUENCES	1 – No Connection	2 – Little connection	3 – Undecided	4 – Somewhat connected	5 – Strongly connected
Family (in general)					
Friends					
Pet(s)					
Co-workers / Colleagues					
Religion					
Nature					
Higher power (undefined)					
Yourself					

The frequency of exhibiting (giving) or receiving (getting) thoughtful feelings also strongly influence our sense of connection.

Rate how the following feelings influence your life, 1 – 5 (1 = almost never to 5 = almost always).

FEELING(S)	1 – Almost Never	2 – Seldom	3 – Occasionally	4 – Frequently	5 – Almost Always
Loved					
Exhibiting compassion					
Demonstrating forgiveness					
Caring about others					
Practicing patience					
Trusting others					
Feeling trusted					
Laughter					
Being yourself					
Valued					
Joy					
Anger					
Optimism					
Sorrow					
Amazement					
Anticipation					
Fear					

A greater sense of connection is closely associated with a higher level of happiness and most often leads to better health. Review how you rated yourself in the above reflections. Allow yourself the moment to acknowledge the areas that offer you the greatest support and good feelings. Now reflect on the elements of influence which don't provide a meaningful connection. Also examine the feelings that reduce your sense of connection. Think about how you can improve your rating in those aspects of your life.

ACTION PLAN:

Take action by creating a realistic plan to better connect and/or address feelings. Catching up with a family member or friend is a perfect example. Joining a club or volunteering is another. It might be helpful to structure your action plan using the “**5 W’s & H.**”

- (1) **Who** will be involved; just you, family and/or friends, professionals, a volunteer organization, spiritual group, bridge club etc.?
- (2) **What** are you going to do; call, email, Facebook, meet in person?
- (3) **When** will this occur; schedule a day & time?
- (4) **Where** will it take place; church, temple, someone’s home, club, etc.?
- (5) **Why** are you reaching out; to feel more connected, to share a common passion, to fulfill a dream or goal?