



2: THE POWER OF HUMAN CONNECTION

Worksheet

My Human Connection Blueprint

Name: _____

Helpful Words:

- **Human Connection** = making other people feel seen, heard, and important
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Answer honestly. **Draw, write, or reflect,** however feels right.

Use the back of this sheet if you need more space.

1. Someone I feel deeply connected to is:

2. One relationship I'd like to grow stronger is with:

3. A small step I can take to connect more deeply is:

4. A time someone supported me when I needed it was:

5. One strength I bring to relationships is:

6. Connection helps me grow my personal competitive advantage by:

7. This is how connecting with others supports the lifestyle I want to live: