



My Connection Power

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:

Complete the reflection below by **writing or drawing** your answers. You can use words, pictures, or both.

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

1. **Someone I feel connected to is:**

2. **One way I can help someone feel included today:**

3. **When I connect with others, I feel:**

☐ Happy ☐ Brave ☐ Calm ☐ Inspired ☐ Other:

4. **My "Connection Superpower" helps me do these things:**

(Imagine yourself using your superpower to help someone)

5. **This is how I'll use my connection skills to grow my personal competitive advantage:**

6. **One lifestyle goal I care about is:**

7. **Connecting with others can help me reach it by:**