

REFLECTION WORKSHEET

The biggest threats to men's health is silence

PILLAR: CONNECTION

COACHING SESSION: START WITH YOU – BUILDING
INNER CONNECTION

SESSION: 1

REFLECTION:

HOW IS YOUR CUP? (full, half empty, half full, or full.)

NOW ASK YOUR BODY: WHERE AM I HOLDING TENSION?

**ASK YOUR HEART:
WHAT HAVE I NOT
SAID OUT LOUD?**

Reconnection isn't luxury;
it's survival.

**ASK YOUR MIND:
WHAT AM I TIRED OF
PRETENDING IS OKAY?**

1. _____
2. _____
3. _____

WHAT WOULD I SAY IF I DIDN'T HAVE TO BE
STRONG TODAY?"

FOR ME:

What part of me have I been ignoring that needs care?"

COMMITMENT: Who are the men in y life?

HOW CAN I HONOR AND SERVED THIER LOVE

1. _____
2. _____
3. _____
4. _____
5. _____

***Disconnection drains us. Awareness grounds us.
Kindness heals us. Connection doesn't start with
others. It starts with you. And today, you showed up.
That matters.***

 TO START

 OK

 DELAY

 STUCK

 CANCEL