

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?"

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.

COMMITMENT: Who are the men in y life?

HOW CAN I HONOR AND SERVED THIER LOVE

1.

2.

3.

4.

5.