

REFLECTION WORKSHEET

Strong relationships don't require perfection, just presence.

PILLAR: CONNECTION

COACHING SESSION:
REAL TALK — BUILDING BETTER RELATIONSHIPS

SESSION: 2

REFLECTION:
ASK YOUR HEART: What connection do I long for, but haven't dared to ask for?

What part of me have I never shown because I feared it was "too much"?

ASK YOUR MIND:
WHAT HAVE I BEEN TAUGHT ABOUT WHAT IT MEANS TO BE A "STRONG MAN"?

Who told me I had to figure it all out alone?

What belief about relationships is holding me back?

ASK YOUR BODY:
When I think of connection, what does my body feel — and where? (check all that apply or write in)

☐ CHEST TIGHTNESS
☐ STOMACH BUTTERFLIES
☐ JAW TENSION
☐ SOFTNESS IN THE SHOULDERS
☐ NUMBNESS
☐ OTHER: _____

WHERE IN MY BODY DO I HOLD UNSPOKEN STORIES?

FOR ME:
Who do I miss, but pretend I don't?

COMMITMENT: Who will I reach out to this week — just to connect with no agenda?

*Kindness heals. Presence connects. Today, you gave both — and that matters.
Let this reflection be a small door to deeper connection — with yourself and those you love.*

HOW WILL I PRACTICE PRESENCE IN AT LEAST ONE CONVERSATION THIS WEEK?

1.

2.

3.

4.

5.