

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?

FOR ME:

Who do I miss, but pretend I don't?

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.

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?

COMMITMENT:

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

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

1.

2.

3.

4.

5.