

**REFLECTION:** ASK YOUR HEART:  
TOP 3 WAYS I WANT TO SHOW UP MORE FULLY  
FOR OTHERS:

1.  
  
2.  
  
3.

WHAT MEANING AND PURPOSE DO I SEEK  
THROUGH MY CONNECTIONS WITH OTHERS?

ONE WAY I WANT TO CONTRIBUTE OR GIVE  
BACK THIS MONTH:

**ASK YOUR MIND:**  
WHEN WAS THE LAST TIME I  
FELT TRULY PURPOSEFUL  
THROUGH HELPING  
SOMEONE ELSE? DESCRIBE  
THE EXPERIENCE.

WHAT DOES "LEAVING A LEGACY" MEAN TO ME IN MY  
DAILY ACTIONS, BEYOND JUST WORDS?

HOW DO I INTENTIONALLY INTEGRATE MY OWN  
WELL-BEING (PHYSICAL, MENTAL, EMOTIONAL)  
INTO MY ABILITY TO CONNECT DEEPLY AND  
SERVE OTHERS?

**ASK YOUR BODY:**  
WHERE DO I FEEL ENERGIZED AND  
ALIGNED WHEN I AM CONTRIBUTING TO  
OTHERS OR NURTURING A SIGNIFICANT  
CONNECTION?

☐ CHEST TIGHTNESS

☐ STOMACH BUTTERFLIES

☐ JAW TENSION

☐ SOFTNESS IN THE SHOULDERS

☐ NUMBNESS

☐ OTHER: \_\_\_\_\_

CAN I STILL FIND PURPOSE IN CONNECTION  
AND CONTRIBUTION EVEN WHEN I FEEL  
PHYSICALLY OR MENTALLY CHALLENGED?  
WHY OR WHY NOT?

**FOR ME:**  
WHO HAS BEEN INSTRUMENTAL IN HELPING  
ME DISCOVER MY PURPOSE THROUGH  
CONNECTION? WHAT DID THEY DO?

*"My commitment, my impact."*

**COMMITMENT:** Action I will take this week to  
practice this value and contribute

1.  
  
2.

**WHAT IS ONE SPECIFIC CONNECTION I WANT TO  
STRENGTHEN THIS WEEK, AND HOW WILL IT  
CONTRIBUTE TO A MUTUAL SENSE OF PURPOSE?**

1.

2.

3.

4.

5.

TO START

OK

DELAY

STUCK

CANCEL