

# REFLECTION WORKSHEET

Life's purpose is often found through  
who we walk it with

PILLAR: CONNECTION COACHING SESSION: PURPOSE THROUGH PEOPLE

SESSION: 4

## 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?

### FOR ME:

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

---

---

---

**"My commitment, my impact."**

### 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?

### 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.