# Reflection- CONNECTION

This week you improved your happiness by connecting with others. Connection is essential to human beings. We thrive when we share our life with others. Hopefully, you have found it helpful to practice connections in new ways.

Please share your CONNECTION experience by answering the questions below.

CONNECTION

Which CONNECTION challenge did you find most satisfying and why?
Click or tap here to enter text.

Which CONNECTION challenge did you find most challenging and why?
Click or tap here to enter text.

What changes did you notice in your mood or attitude as a result of CONNECTION?
Click or tap here to enter text.

On a scale of 1 – 10 (10 being highest), how comfortable are you meeting new people?
Click or tap here to enter text.

What are some of the things that get in your way of being fully open to new people and new experiences?
Click or tap here to enter text.

How could your life be improved by increasing your connection in your current relationships?
Click or tap here to enter text.

List the benefits increasing your social connection may add to your life?
Click or tap here to enter text.

Did you enjoy this week's challenges?
Click or tap here to enter text.

Identify one CONNECTION practice that you commit to maintaining consistently moving forward in your life.
Click or tap here to enter text.

Movement/Fitness

How did it feel to have someone join you in your movement this week?
Click or tap here to enter text.

Did you notice any changes in your energy or motivation by having a partner?
Click or tap here to enter text.

Did you experience any challenges with this week's movement? If so, explain.
Click or tap here to enter text.

Are there any changes in your movement you'd like to make moving forward that would improve your experience?
Click or tap here to enter text.

Feedback

Please use this space to provide any additional feedback that you would like to offer.
Click or tap here to enter text.

# Reflection – SELF-COMPASSION

Creating habits that cultivate a deep love and acceptance for yourself is key to sustainable happiness. Sadly, most people focus so much on caring for others that they often overlook themselves.

Like any habit, it takes consistency to stick. We all face struggles, big and small, internal and external. The pursuit of self-compassion allows us to face these obstacles with a sense that we are on our own team and part of a larger team. We can have feelings for our inherent value while addressing the things we seek to change. We can learn to tune out the critical inner voice that holds us back and establish a healthy and authentic sense of self.

Please share your SELF-COMPASSION experience by answering the questions below.

SELF-COMPASSION

Which day of SELF-COMPASSION did you find most satisfying and why?
Click or tap here to enter text.

How did working on your SELF-COMPASSION this week make you feel?
Click or tap here to enter text.

Did you experience any resistance to the challenges? If so, please explain.
Click or tap here to enter text.

Please share any new learning you received this week as a result of your challenges?
Click or tap here to enter text.

How did loving yourself this week affect you in other areas of your life and relationships?
Click or tap here to enter text.

Were there any challenges you didn't find valuable? If so, please explain.
Click or tap here to enter text.

What is your plan for practicing SELF-COMPASSION going forward? Be specific.
Click or tap here to enter text.

Movement/Fitness

How did having SELF-COMPASSION during your movement/fitness change the way you FELT?
Click or tap here to enter text.

Did you experience any challenges with this week's movement? If so, explain.
Click or tap here to enter text.

Describe how your incorporated SELF-COMPASSION into your movement this week.
Click or tap here to enter text.

Feedback

Please use this space to provide any additional feedback that you would like to offer.
Click or tap here to enter text.