



S O C I A L R O O T S S T U D I O

C R E A T I V E L Y C U L T I V A T I N G M E A N I N G F U L S O C I A L C O N N E C T I O N

A FREE, REUSABLE REFLECTION TOOL

A Connection Field Journal

A reusable reflection tool to help you learn from your gatherings, meetings, and conversations — developing your connection practice to build micro-cultures of compassionate belonging.

Question

What happened

Takeaway

Now what

Gather ~ Connect ~ Belong

How we are in relationship with ourselves and each other matters.

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A CONNECTION FIELD JOURNAL

A reusable reflection tool to help you learn from your gatherings, meetings, and conversations.

Develop your connection practice to build micro-cultures of compassionate belonging!

Use this after any connection experience — a meeting you ran, an event you attended, a loving or challenging conversation, a gathering you hosted. Connection is a practice. Just like training for a marathon, reflecting on it and applying the lessons learned is how the practice turns into skill you carry forward into growing spaces of compassionate belonging. Fill it in on your device, or print it and write by hand. Reuse it as often as you like. Save it each time to look back and see your connection skills grow over time.

The experience I'm reflecting on:

Date:

Before I reflect — one word for how I'm feeling right now:

1 Question

What was I curious about, or hoping to notice about connection here?

What actually occurred — in the room, in others, and in me?

What did this teach me about meaningful connection?

4 Now what

What will I do differently — in my next gathering, or my circle of influence?

One word for how I'm feeling now:

_____ *Did it move? That shift is the inner layer.*

Connection is a PRACTICE. A community where people feel seen, heard, and valued is the GOAL.

Gather ~ Connect ~ Belong

HOW we are in relationship with ourselves and each other matters.

Contact me today for an introductory conversation about how I could help you to intentionally weave meaningful connection into your community building!

Social Roots Studio

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