



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 CONNECTION TOOL

A Connection Map for Every Human

Bringing connection into balance at three levels — within yourself, with the people around you, and with your community — so you can grow a micro-culture of compassionate belonging within your own circle of influence.

Within yourself

The people around you

Your community

Gather ~ Connect ~ Belong

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

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A Connection Map for Every Human

A simple map for bringing connection into balance at three levels — within yourself, with the people around you, and with your community — so you can grow a micro-culture of compassionate belonging within your own circle of influence.

Connection is something we must tend and practice, a skill to develop — and the time to build it is before we need it. **The stronger these authentic and meaningful ties grow in ordinary days, the more they support us when life gets hard.** This is a small map for keeping connection in balance, a little at a time: within yourself, with the people around you, and with your community — so belonging is already there to carry you through whatever comes. There's no wrong pace, and it all counts, even when it's small.

How to use this map

Use these pages as a roadmap for intentionally practicing and evaluating what you've learned and where you're growing. And, come back to these pages whenever you're facing a challenge or you need a nudge in your practice. On the map, pick one small thing from each of the three levels — or write your own — and note a date to try it — it helps you follow through. Nothing here costs money, and nothing takes more than a few minutes. It's a practice, not a test: print another copy, or start fresh, and begin again anytime. Save a copy each time you practice so you can see how much your skills have developed over time!

FIRST, A QUESTION

What helps you feel most connected right now — to yourself, to others, to your community? Write a few words below, then come back in a month and see what's changed.

Your Map

pick one from each column, or write your own

Choose a small practice at each level and note when you'll try it. Little and often beats big and rare. A date helps it happen.

LEVEL ONE — INNER Within yourself <i>Because how you're with yourself sets the tone for everything else. Start gently, right here.</i> • Let yourself feel how you actually feel, without rushing to fix it. • Do one small thing that's just for you — a walk, a bath, a favorite song. • Talk to yourself the way you'd talk to someone you love who is struggling. • Notice one good small thing today, even a tiny one. ONE SMALL THING I'LL TRY When _____	LEVEL TWO — INTERPERSONAL The people around you <i>Because connection grows in the everyday — with the people already in your orbit.</i> • Reach out to one person, just to say you're thinking of them. • Tell someone you trust how you're really doing. • Say yes to an invitation, even if part of you wants to stay in. • Reconnect with someone you've lost touch with — it's rarely too late. ONE SMALL THING I'LL TRY When _____	LEVEL THREE — COMMUNITY Your community <i>Because compassionate belonging is bigger than any one relationship — it lives in the wider community around you.</i> • Do one small kind thing for a neighbor or a stranger. • Show up to one gathering, class, or place where people are. • Reconnect with a place that feels like yours. • Let yourself be a beginner at something, among other people. ONE SMALL THING I'LL TRY When _____
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Your Week

One small action at each level, a time beside each one — written down now, so you don't lose it.

LEVEL	WHAT I'LL DO	BY WHEN	DONE
Inner			☐
Interpersonal			☐
Community			☐

Come back to it. This is a practice, not a one-time thing — print another copy or start fresh and begin again whenever you need a nudge along your growing edge. Building a regenerative culture of compassionate belonging takes time, consistency, and intention.

When it goes sideways — read this part before you need it

Some days you won't have it in you, and some attempts at connection won't happen or won't be met the way you hoped. **That's not failure — it's being human, and everyone is doing their best from the experiences they've lived through.** If you drift for a while, just begin again with the smallest, easiest step; coming back is its own kind of brave. Connection was never meant to be done perfectly. We were never meant to do life alone — and that, really, is the whole of it.

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 your group or organization to intentionally weave meaningful connection into your community building!

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