

ASSESS YOUR CURRENT CONNECTIONS

Take a moment to reflect on the people in your life.

1. Write down the names of five people closest to you.

What's the quality of those connections? Do they make you feel seen? Supported?

2. What small, intentional actions can you take to strengthen your meaningful relationships? (e.g. regular check-ins, spending quality time).

3. Where in your life do you feel that disconnect?

4. What adjustments do you need to make to protect your peace in relationships that drain you without guilt?

- ☐ You identified relationships that light you up.
- ☐ You identified relationships that you want to nurture.
- ☐ You set boundaries for relationships that no longer deserve your energy.

Your relationships should feel safe, supportive, and energising. Choose the ones that help you grow, and don't be afraid to let go or take back control from the ones that don't. You deserve relationships that make your heart feel at home.