

CHAPTER SIX

NETWORK

“Go out into the world today and love the people you meet. Let your presence light new light in the hearts of people.”

— MOTHER TERESA

DAY 91: IDENTIFY YOUR CONNECTIONS

REFLECTION

Take a moment to acknowledge and appreciate the strong connections in your life. How do these connections make your life better?

What can you do to invest in these important relationships?

DAY 92: MAKE YOURSELF AVAILABLE

REFLECTION

Who did you connect with today?

How and why did you commit to making yourself available to this person?

How will you overcome any hurdles you might face with following through on commitments?

DAY 93: EXPRESS GRATITUDE

REFLECTION

Who did you call?

What did you express gratitude for?

How did this experience make you feel?

How did the other person respond?

How might expressing gratitude benefit your other relationships?

DAY 94: RECONNECT WITH A FRIEND

REFLECTION

Who did you reach out to?

Why is this person's friendship valuable to you?

What does this reveal to you about the characteristics you value in friends?

DAY 95: SEND A LETTER

REFLECTION

Who did you write to?

What did you thank this person for?

How did this exercise make you feel about your relationship with this person?

Who else might you write to in the future?

DAY 96: DO SOMETHING KIND

REFLECTION

What was your act of kindness today?

How did this act share love with another person?

How did this practice make you feel?

What did it show you about your ability to impact someone else and the world around you?

DAY 97: HELP A STRANGER

REFLECTION

What did you do to help a stranger today?

How did this act share love or brighten their day?

How did this practice make you feel?

What did it show you about your ability to make an impact on someone and to the world around you?

DAY 98: BE PRESENT

REFLECTION

Reflect on the time you spent with your friend. What made it valuable?

How did you stay present and engaged?

What can you do to be more present when spending time with others?

DAY 99: ASK FOR HELP

REFLECTION

Who did you reach out to today and why?

How did your vulnerability benefit your relationship with this person?

What did you find challenging about being vulnerable and asking for help?

How do you benefit from practicing vulnerability and inviting reciprocity in your relationships?

DAY 100: OFFER YOUR TIME

REFLECTION

How can you offer your time, energy, or skills to someone or something you value?

Why is it important to you to help this person or cause?

How does the practice of contribution offer you a sense of purpose and belonging?

DAY 101: KEEP GOOD COMPANY

REFLECTION

Who did you choose to distance yourself from today? Why?

Who did you choose to spend time with today?

In what ways do they add to your life?

How do you define "good company?"

DAY 102: FIND YOUR PEOPLE

REFLECTION

Identify or describe the person you want to connect with.

What draws you to this person?

What does your connection look like?

Why is this connection important to you?

Who did (or will) you reach out to in order to build this connection?

DAY 103: TRANSFORM SMALL TALK

REFLECTION

Describe your extraordinary interaction(s). What happened when you asked and/or answered ordinary questions in a meaningful way?

How did you build connection through this practice?

How can transforming small talk transform the way you perceive and interact with others?

DAY 104: VOCALIZE YOUR GRATITUDE

REFLECTION

Who did you call or meet with?

How did that person respond to your gratitude?

How did this practice make you feel?

What did you learn about your relationships and yourself?

DAY 105: PHONE A FRIEND

REFLECTION

Who did you call today?

How did this phone call benefit your relationship?

If applicable: What other exercise did you practice during your phone call? What happened?

DAY 106: SHARE IN WONDER

REFLECTION

Write your three wonders below.

1.

2.

3.

How did this exercise help you connect to your surroundings?

What was it like to share your joy or wonder with someone else?

How does searching for what you want to see make you more ready to find it?

DAY 107: PLAY YOUR PART

REFLECTION

In what way(s) did you align with your true self today?

What does this version of you feel like?

How else can you connect with yourself?

DAY 108: SHINE YOUR LIGHT

REFLECTION

How will you continue to shine your light?

How will you light the path for others?

CHAPTER SIX REFLECTION

REFLECTION

How have you nourished relationships that deepen your sense of belonging?

Which practices resonated with you? Make a note of those you want to come back to.

BEFORE MOVING FORWARD

- *Be proud of the investment you've made in yourself.*
- *Recognize the insight you have gained because of the work you've done.*
- *Celebrate the growth you've experienced because you chose to grow.*
- *Remember your capacity for self-empowerment, fulfillment, and transformation.*
- *Believe that you will continue to connect to your inner wisdom should you choose to live with mindfulness.*