



Be and Connect Notebook

Revised 2018-01-31

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Week 1: How You Are Being Affects People

What is Being-ness?

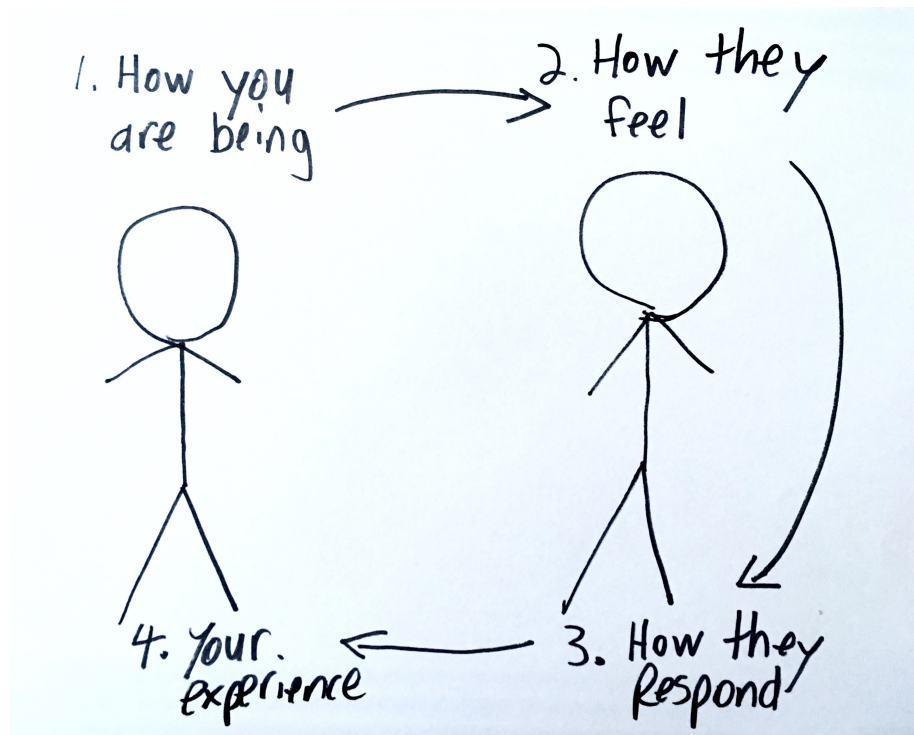
- The way a person is being
- The outer expression of a person's inner thoughts and feelings
- How a person's inner state is experienced by other people

A person's being-ness results in both actions and energy that is perceived by other people, even if it's on a subconscious level.

You can change how people respond to you by changing their experience of you.

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The Impact Feedback Loop



Examples:

1. How you are being	2. Makes them feel	3. So they respond	4. And you experience
You are spinning in anger, fear or sadness	They feel uncomfortable or overwhelmed;	They shut down or pull away	You experience shallow relationships and find people are unavailable
You are grounded, sharing your feelings responsibly	They feel calm, peaceful	They feel attracted to you, drawn in	You experience deeper connections, more intimacy, have more people who want to be around you

1. How you are being	2. Makes them feel	3. So they respond	4. And you experience
You are guarded, hiding out or wear a mask	They feel bored, alone or can't relate to you (feel disconnected)	They pull away or disengage	You experience surface conversations, feel like people don't get you
You are real, authentic and willing to be vulnerable	They can relate to you, feel disarmed and at ease	They draw in, share vulnerably	You experience deeper conversations and deeper connection
You focus on the negative/problems	They feel negative/discouraged	They either join in the complaining or seek to limit their exposure to you	You are either surrounded by more negative people or find yourself increasingly alone
You focus on the positive/solutions	They feel encouraged, see what's possible	They are attracted to you, drawn in and want more	You are surrounded by positive people who like being with you
You are judgmental, right-fighting or a know-it-all	They feel unvalued and not understood	They defend themselves, fight or flee (which may just be shutting down)	You feel dissatisfied, disconnected, not seen, heard, understood or valued
You are compassionately curious	They feel appreciated, seen, heard, understood, and valued	They draw in, share more; are open to knowing you more	You experience deeper connections, feel more satisfied
You focus on your own need to be seen, heard, understood, and valued	They feel unimportant and unvalued	They withdraw, become unavailable	You feel isolated and alone
You focus on their need to be seen, heard, understood and valued	They feel understood, valued, appreciated, and grateful	They want more and draw in	You have more people around you who are available/open to you

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Why Do You Care About Your Impact?

Some good reasons:

1. Your impact is contributing to your experience of other people.
2. There's always room to improve yourself including your impact.
3. You want to make a positive impact and awareness is the foundation.
4. You don't want to accidentally have a negative impact.
5. Wouldn't it be nice if other people were more concerned about their impact on you?
6. Jesus says "love your neighbor." Many religions call people to some version of the Golden Rule: do unto others as you would have them do unto you."
7. Other reasons?

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Regularly Assess Your Impact

Develop the habit of asking yourself some questions:

- “How did that land?”
- “Am I drawing them in or pushing them away?”
- “Do they feel seen, heard, understood, and valued?”
- “Am I coming across as someone who cares?”

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How We Are Being Is An Invitation

1. Ask yourself how you contributed to what they said or did.
2. Imagine in detail what you want the person to say or do (or how you want them to be).
3. How can you “be” to invite it from that person?

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Group Coaching Call

In addition to this weekly class, we will meet by phone weekly for an hour as a group to check in, see how it's going and for you to get support in applying what you are learning here.

Day: _____

Time: _____

Phone number: _____



Week 1: How You Are Being Affects People

Daily Reflection

This week our goal is to move along the continuum, from being more self-focused to being more other-focused.

Self-focused -----> Other-focused

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

What kind of experience did you create for the people around you?

Tomorrow

Notice people's responses to you and your being-ness.

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

When were you particularly unaware of how other people were responding to you? What was going on inside you or outside you? Identifying this tendency will help you to watch for it and better be able to choose to pay attention in the future.

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Emotions Color Wheel



They Feel So We Feel

Being with someone who is having an intense emotional experience can be very uncomfortable.

We may blame ourselves for their experience (or they may even blame us) when it's actually their own "stuff."

We all have wounds we acquired from a difficult experience, often when we were a child trying to make sense of the world. We came to believe a lie like "I'm unlovable" and we experience an intense emotional response when something reminds us of that wound.

Try to feel compassionate for the person who is having a hard time. See how you can relate. And see how you may have contributed without taking full responsibility for their "stuff."

We naturally have an empathetic response when other people experience emotions. It gets us in touch with our own feelings that match the other person's feelings.

Empathy allows us to see ourselves in the other person and be able to relate to them and their experience.

Emotions Provide the Opportunity for a High-Quality Connection

Choose to make it a priority to be available when someone is experiencing emotions and are willing to share with you. That kind of connection is like gold.

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Holding Space

When we hold space, we Maintain a safe bubble that is untainted by our own “stuff” (emotional reaction, opinion, etc.)

We focus on them and allow them to process their feelings without interfering.

To get the ball rolling, when someone shares a little bit of what’s going on, you can identify the feeling and ask if they would like to share more:

- I hear some (sadness, concern, etc.) in that. Would you like to talk about it?”

In order to help them process and not interfere, we can use some of the following phrases

- “I hear you.”
- “I hear that you (had a tough day, were surprised, etc.)”
- “I really feel you.”
- “I feel your (pain, frustration, etc.)”
- It sounds like that’s (kind of scary, confusing, etc.).”
- “It sounds like you’re feeling (alone, upset, etc.).”

People love to have their experience affirmed, for example:

- It makes sense that you feel (angry, hurt, etc.).”
- I’d feel (unappreciated, irritated, etc.), too.”

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Week 2: Feelings Have Value

Daily Reflection

This week our goal is to move along the continuum, from being disconnected from self to being connected to self.

Disconnected from self-----> Connected to self

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

What feelings did you observe in other people and what was your internal experience in response?

Tomorrow

Allow your feelings to be and simply be aware of them. When it crosses the line into impacting other people, deliberately choose how you will display those emotions .

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

1. Which emotion in yourself makes you most uncomfortable?
2. Which emotion in other people makes you most uncomfortable?

- Anger
- Sadness
- Fear

3. What was your experience of that emotion in yourself and others as a child?
4. What messages did you receive about that emotion? E.g. "It's not safe" or "It's not OK."
5. How are those experiences and messages influencing your response to that feeling now?
6. Is there a new truth you can choose to believe instead, e.g. "It's OK to experience anger and I can choose what to do with it instead of letting it determine my behaviors."

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Week 3: Examine Your Thoughts

To feel or not to feel

There's value in feeling our feelings

- We let our own feelings move
- We are able to be with other people so their feelings can move, too

But our thoughts can make the feelings PERSIST instead of move

When a strong feeling comes on

1. Identify the feeling, name it (can use the Emotions Color Wheel)
2. Ask yourself why you're feeling it. Is it based on a simple fact or on a story you made up?

Re-interpreting Events

In our initial awareness of an event, it arrives with meaning attached. We have to go back, evaluate the meaning we assigned and often create a new meaning instead.

Our filters make us see things or not see things. They are based on our beliefs and expectations.

E.g.:

- "Men are pigs."
- The little guy just can't get ahead."
- You can't teach an old dog new tricks."

They are often based on a

E.g.:

- "I'm not worthy to receive."
- People abandon me."
- "I'm not important."
- People don't listen to me."

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Stop Thinking So Much

Mindfulness--being compassionately aware in the moment--allows us to be fully present for other people.

Resources:

- Book *Mindfulness: An 8-Week Plan for Finding Peace in a Frantic World* by Mark Williams
- App for your smart phone: *Insight Timer*

Practice acknowledging your thoughts and letting them go instead of letting them run rampant, like you are at their mercy.

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Three options for dealing with our feelings

- Stop telling yourself the story, feel the feelings and let them move.
- Change the story.
- Change your physical state.

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Week 3: Examine Your Thoughts

Daily Reflection

This week our goal is to move along the continuum, from auto-pilot thinking to deliberate thinking

Auto-pilot thinking -----> Deliberate thinking

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

What was a story you told yourself that wasn't beneficial for you, that is, it caused you unnecessary anger, sadness or fear, and it wasn't even necessarily true? What's a new meaning that's better for you?

Tomorrow

Pay attention to how you are interpreting what people say and do and choose beneficial meanings.

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

What really irritates you? This may be a long-standing issue you've been dealing with for a long time, like a behavior in a family member or something that really bugs you when other people do it.

Why does it bother you so much? This is an opportunity to change the story you've been telling yourself. So explore some new stories that you can tell yourself instead. Try tweaking your story in a way that's more beneficial for you until it feels true or reasonably likely.

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Week 4: You Get What You Focus On

You get more of what you focus on because of

- Confirmation bias
- Your subconscious
- Supernatural forces

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Put your mental effort into the desired result.

Get really clear on what you want.

When there's something you really want, ask yourself, "How can I... ?" instead of "Can I... ?"

Craft and regularly use affirmations.

And beware of the things you don't want that you are already affirming.

E.g.

- "I'm always late."
- "I just can't figure this out."
- "I don't know what I want."

Use this formula:

Up until now... (fill in the old story).

Now I'm in the process of... (fill in what you want).

Spend time visualizing in detail what you want.

Get more of what you want with other people by building them up instead of tearing them down.

Give great feedback people can actually use.

- Point out where they are already doing it
- State it in the positive (not what you don't like or want)
- Make sure it's actionable

You can invite what you want in and from other people (e.g. their being-ness or actions).

If you want deeper conversations...

- be authentic and willing to be vulnerable
- Be available
- Be compassionately curious about them

If you want help with a task...

- Make a clear request
- Make it easy for them to help (flexible regarding time, etc.)
- Explain why you need the help
- Express gratitude

If you want new clients...

- Be helpful to them
- Be available, easy to get together or talk with
- Be interested in what concerns them (i.e. be compassionately curious)

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Week 4: You Get What You Focus On

Daily Reflection

This week our goal is to move along the continuum, from a focus on the negative to a focus on the positive (which includes moving from a focus on the problem to a focus on the solution).

Focus on the negative -----> Focus on the positive

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

What was an old story you reinforced in your mind or out loud? Reframe it, affirming that you are in the process of creating what you want. Practice your new affirmation.

Tomorrow

What do you want in or from someone else? Clearly define it and picture it. How can you invite it? Be specific. Set an intention to be an invitation for what you want.

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

Spend some time clearly envisioning what you want for your life and write it out. Here are some areas to consider. You don't have to cover them all and you may want to look at some areas that are not listed. It's all good!

- relationships
- finances
- career/business
- spirituality
- contribution/making a difference
- recreation
- health/wellness

- [illegible]

[illegible]

[illegible]

Week 5: Judgment Meets Resistance

Judgment is making someone or something wrong or bad.

By its nature, when we judge, we are focusing on what we don't want.

Judgment leaks out even when we don't want it to.

What do you tend to judge?

- Values/beliefs
- Characteristics/qualities
- Choices/behaviors

Why Let Go of Judgment

People need to feel

- Seen
- Heard
- Understood
- Valued

When we make someone wrong or bad, they resist because they need to fight for their value.

Judging often has assumptions, so people don't feel like you get them.

How to Stop Judging

1. Find yourself in them. Where can you relate to their experiences, even if it's not exactly the same? Make a concerted effort to understand their perspective. Have empathy and allow yourself to feel what they are feeling. What'd it be like in their shoes? What they think or do is probably reasonable based on their experience.

2. See them as a child or at another vulnerable point in their life and imagine what may have happened to make them believe or behave that way now. Trust their journey and let it be. You have yours, too.

How to make a request without judgment

When you feel it's necessary to make a request that someone make a change, be sure to come from your heart instead of your head. (Judgment comes from the head.)

Speaking from your heart, try this template:

I _____ (what you experience or otherwise feel) _____.

In the future, I desire _____ (end result instead of a specific solution).

52

Self-Judgment

Judging other people is often rooted in self-judgment.

Where are you judging yourself?

- Health
- finances
- Relationships
- Work/business/career
- Intelligence
- Appearance
- Other

Compassion for self

-> Compassion for others

-> Less judgment of others

-> Better relationships

How to Develop Self-Compassion

1. Know that bullying yourself only seems beneficial. It's actually counterproductive.
2. Give yourself permission to be kind to yourself.
3. Recognize expectations that are crazy, huge and unrealistic.
4. How would you talk to a friend in the same situation?
5. Develop a "self-advocate" to listen to instead of your self-critic.
6. Have a go-to mantra when you find yourself going into self-judgment, such as, "Today, I am enough."
7. Look at where what you are judging came from, such as when you were a child or another time when you were vulnerable. See how it made sense.
8. Say "thank you" to yourself when you do nice things for yourself.

[illegible]

What is, is. And it's OK for now."

Week 5: Judgment Meets Resistance

Daily Reflection

This week our goal is to move along the continuum, from being assuming to being compassionately curious.

Assuming -----> Compassionately curious

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

When did you find yourself in judgment today? If you're still judging, use one or more of the following options to help get yourself out of judgment.

1. Where can you relate to their experience, even if it's not exactly the same? Make a concerted effort to understand their perspective.
2. Have empathy and allow yourself to feel what they are feeling. What'd it be like in their shoes? What they think or do is probably reasonable based on their experience.
3. See them as a child or at another vulnerable point in their life and imagine what may have happened to make them believe or behave that way now. Trust their journey and let it be. You have your own journey, too.

Tomorrow

Be compassionately curious with yourself and with other people.

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

Pick one area where you've been judging yourself. Write a letter to yourself, just like you might to a friend who was beating himself or herself up. Include things like:

- What you've accomplished so far
- Why it's quite reasonable where you're at now
- Maybe how your expectations have been unrealistic

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Week 6: Trust the Value You Bring

See your own Journey without judgment.

There are many different areas of life.

- Business/work/career
- Relationships
- Finances
- Health/welnness
- Spirituality
- Personal development
- Contribution/making a difference
- and more

Each one is a journey, or at least an aspect of your journey.

When you find yourself judging part of your journey, assess that specific journey and view it with compassion.

1. Where did you start e.g. your childhood experience?
2. Where do you want to go? It's OK to adjust this.
3. How far have you come? You may be further than you realize.

What benefits have you gained from that journey? What specific skills and lessons have you already learned that will help you get where you want to go?

Do things that help you embrace your value.

Your Awesomeness Profile

Use this as a tool to help you know deeply just how awesome you really are.

1. What you are skilled in

2. How you use those skills to benefit others

3. The contributions you've made

4. Your accomplishments

5. Your abilities that other people might not have (e.g. intuition)

6. How God made you special

7. Your strengths and how they make you awesome (be specific)

8. What you're doing to improve yourself now

9. What you've done to improve yourself in the past

10. What you show other people

11. How you positively impact other people

12. How people benefit from who you are, what you do and how you "be"

13. Your life experiences and what you've learned from them

14. Things you've overcome

15. What you inspire people to do and how you inspire people to be

16. Other great stuff

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Example: Rena's Awesomeness Profile

Note: It may seem braggy, and that's OK. All the content is truthful. I wrote it out to help me embrace my own value and see how awesome I am. Know that you embracing how awesome you are gives people permission to embrace their own value, too.

- God has wired me up uniquely to make a powerful difference in the lives of other people.
- My "empathy" strength and my being-ness make people feel received and that I get them. This connection that people experience with me is a part of who I am. People have a unique experience being with me that makes them feel valued.
- People who have been through tough times relate to me because I, too, have been through tough times (abuse, abandonment, addiction, etc.)
- I am a mirror, reflecting back to people how they are impacting me and, therefore, how they are impacting other people. I share this information in a way they can hear and that is productive for them. The deeper-level, honest feedback I provide is hard to come by and is extremely valuable.
- I am skilled at getting people in touch with their passions and exploring options for using their passion to make a positive difference in the lives of other people. I can show people how to use their passions to make a difference because I have done it myself.
- I am able to take a stand for other people because I have taken a stand for myself.
- I can show people the path to meaning and significance because I have traveled the path myself.
- I have a masters degree in social work that easily qualifies me to work with individuals and groups.
- I have over 11 years of experience as an entrepreneur.
- My education, personal development, business experience, and ongoing coaching and support allow me to help people become great at making their positive impact.
- People working with me are able to go deep in their own self exploration and growth because I go deep in my own self exploration and growth. I am able to hold space for them because I hold space for myself.
- My "restorative" strength enables me to overcome obstacles and empowers me to help other people overcome their obstacles, too. I am a creative problem-solver and I make things happen.
- I inspire people because I do great things even though I'm legally blind. It gives them hope regarding what they are capable of doing.
- My Fascination Advantage:
 - You can count on me to deliver insights that empower a positive impact.
- My StrengthsFinder strengths:
 - Achiever
 - Learner
 - Empathy
 - Developer
 - Restorative

Suggestion: To know, embrace and fully utilize your strengths, you can take the StrengthsFinder inventory for a small price

1. Buy the book, "StrengthsFinder 2.0" by Tom Rath which includes a code to take the inventory online (book is available on Amazon)
2. Go to www.gallupstrengthscenter.com to purchase and take the assessment

Other things to help you embrace your value:

- Affirmations
 - Self Care
-
-
-
-
-
-

Relax. Be real. Know you rock!

You've already learned so much in this class!

- You know that how you are being--your thoughts and feelings--affect other people.
- You've learned to pay attention to how you're affecting other people.
- You've learned to manage your feelings better.
- You are better able to be with other people's feelings.
- You are helping meet people's basic need to be seen, heard, understood, and valued.
- You've cut down on running with assumptions.
- You're focusing more on the positive and what's possible which helps other people do the same.
- You are judging less which is a major step toward world peace and for more peace for the people around you.

See how much you've learned and grown? You're having less accidental negative impact and you're showing up in a way that'll promote your sense of connection with people. Yay!

Now, you can relax into being real and trust that doing so will be good.

When you trust your own value and show up more fully, you give other people permission to be real and share more of who they are, too.

Being guarded, hiding the real you, is easy because it feels safer. If people reject you, they wouldn't be rejecting the real you.

The payoff of being real and bringing all of you to interactions and relationships is greater connection.

If you share the real you and people don't like it, recognize the story your telling yourself about it. In reality, it doesn't have to be such a big deal.

Don't worry about being perfect. No one can relate to "perfect" anyway. You being the real you let's them feel OK about the real them.

So be real. Bring more of you. And know it'll be a benefit to other people.

Week 6: Trust The Value You Bring

Daily Reflection

This week our goal is to move along the continuum, from holding back to a grounded confidence.

Holding back -----> Grounded confidence

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

Review your Awesomeness Profile. Saying it out loud is especially powerful.

Tomorrow

Know how awesome you are and be real in your interactions with other people.

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

Don't leave Be & Connect without your Awesomeness Profile. Create an electronic version of it so you can update it as you grow and change. Review it often until it sinks into your bones. You can keep it on your phone for convenience and print it out where you can see it regularly. And, yes, you can certainly email it to Rena to share how Awesome you are.

Put time and effort into filling it in. It's so important, it was worth getting started during our class time together. Now, it's your opportunity to finish what you started so you can get the full benefit.

Here are the topics

1. What you are skilled in
2. How you use those skills to benefit other people
3. The contributions you've made

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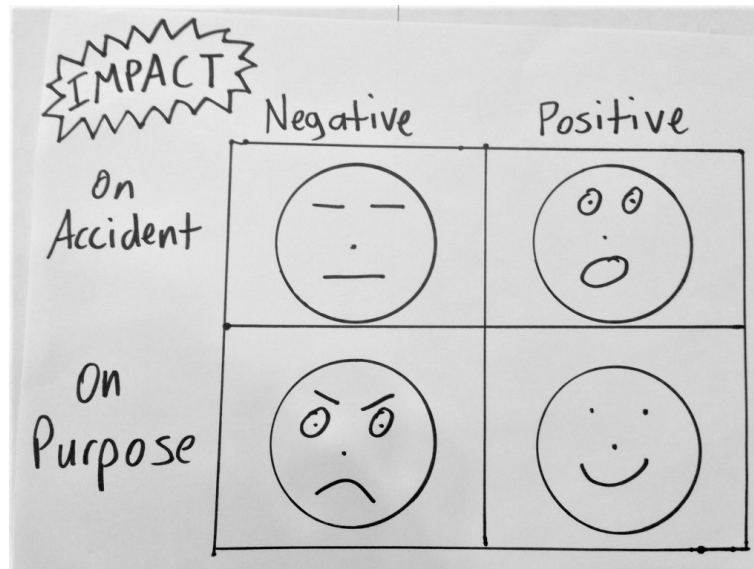
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Week 7: Make More Positive Impact

Know Your Impact. Make it great



Very few people really want to be mean and hurt people. Most people who have a negative impact do so on accident and are often unaware.

Similarly, it's uncommon for people to accidentally really make a big difference in someone's life. Making a deep lasting positive impact usually requires deliberate effort, but it's really satisfying.

To have more of a positive impact,

1. Be more present
2. Have more compassion
3. Actively love

Be More Present

You can practice being present with yourself to be more able to be present for other people.
Be aware of your own

- thoughts
- feelings
- wants and needs
- words

Generously meet people's deep need to be seen, heard, understood, and valued.

Being present means you are available to be interrupted by

- Your intuition
- God
- The universe

Being interrupt-able is not the same as saying "yes" to every opportunity that comes along. Instead, it is about taking inspired action instead of responding out of guilt.

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Have More Compassion

When you are in your heart, you can experience deeper connections with other people. See yourself in them. How can you relate? Can you feel for them? That's compassion.

From that deeper place of connection and compassion, you can better discern their deeper needs. So, instead of responding to surface needs, you can meet their deeper needs, which is more of service to them.

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Actively Love People

You may experience a theme in your compassionate responses to other people over time.

You can use something you are deeply passionate about to make a difference in people's lives.

If you want, you can choose for this passion to be

- What you are all about
- An expression of you
- What you are a stand for
- Your purpose or calling

Examples:

- Literacy
- Financial security for single moms
- Preventing sexual abuse
- Boundaries
- Communication
- Great parenting

Have in mind a clear end result that you desire that's really of service to the person and meets their deeper need.

Know your impact. Is your help really helping? Stay connected with the person and if they are not experiencing the change they desire, tweak what you are doing to get the desired result

The most powerful positive impacts are made through personal interaction and through relationships.

Support

You are doing fantastic having more of a positive impact and I trust you are already experiencing greater connection with people. If you want ongoing support, I am here for you. Let me know if you'd like to explore options.

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Week 7: Make More Positive Impact

Daily Reflection

This week our goal is to move along the continuum, from being more present to having more compassion to actively loving people.

Present -----> Compassion -----> Actively love

To get the most benefit from your Be & Connect experience, each night reflect on your day and set an intention for the next day.

Specifically...

Today

Look back on the interactions you had today. In retrospect, what do you think was the deeper need those people were experiencing?

Tomorrow

Be more present with people.

You can use pen and paper if you like an old-fashioned journal experience. Alternatively, you can email your nightly check-in to Rena for her to review.

Journal Entry

What are you really passionate about that you can use to actively love on people? There are probably several options that would make sense for you. Explore which passion you might like to use to make a difference in people's lives. What would you like to help people change?

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]