



CREATING CONNECTION

We want everyone to be their full authentic self everyday — this session will be about envisioning what you want your life to look like.

Plus, we'll be talking about the connections we make with others and how they add to a full life. We'll start with a large top-down view and start pulling it into focus on the one small action to walk away with today!

ENVISIONING YOUR LIFE

Do a quick glance through the words below and circle anything that stands out to you. What do you want more of in your life? What attributes would you like to embody? How do you want to feel?

- | | | |
|---------------|-----------|-------------|
| Gratitude | Commit | Fearless |
| Vulnerability | Create | Action |
| Inclusion | Community | Perspective |
| Courage | Share | Lead |
| Consistency | Patience | _____ |
| Learning | Inspire | _____ |
| Listen | Mindset | _____ |

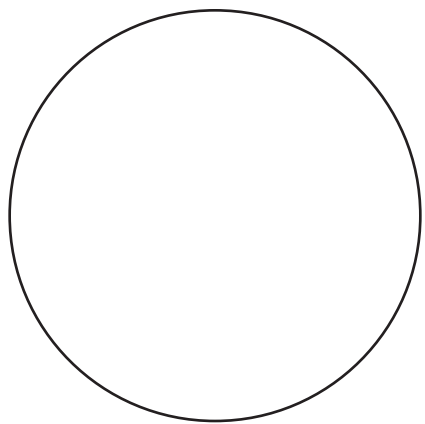
PRIORITY AREAS

Circle 5 areas of your life that you want to be top priority. What percentage of the pie would you give each priority? What does your pie look like right now?

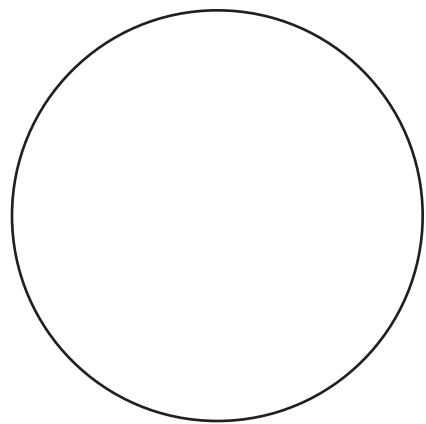
Top 5 Priorities:

- Health
- Family
- Friends
- Community
- Work
- Finances
- Faith/Spirituality
- Learning
- Personal Development
- Hobbies

Vision Pie:



Current Pie:



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Connecting where you are now to where you want to be can be a big jump, how do you get from point A to point B? **ONE SMALL THING AT A TIME**

Pick 3 of your priority areas and think of one small thing you can do this week to align with your vision.

Example:

Priority Area: Community **One Small Thing:** I'll text my bookclub a funny message.

Priority Area: **One Small Thing:**

Priority Area: **One Small Thing:**

Priority Area: **One Small Thing:**

We also know that humans are built for connections — what is one small thing someone has done for you that made an impact on your day or life?

As we start to create our vision boards I would encourage you to reference the words you circled in the beginning. What images feel like those words to you? As you look through the other materials, what words stand out — what may be one small thing you can do in an area of your life you want to see adjusted.

In about 15/20 minutes we'll send you to breakout rooms so you can share. You're welcome to share your general life vision, a vision for one priority area of your life, or **ONE SMALL THING** you want to commit to.



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