

"Carve out and claim the time to care for yourself and kindle your own fire."

AMY IPPOLITI

Connection with self is about knowing what gives us energy and what doesn't.

As you answer the questions in this activity it helps you to know yourself more. You might find some crossover between your answers; that is ok.

When you have finished read it through. Do you feel connected to those things in your life at the minute? How do you/can you make time for these things?

What do you like/enjoy?

What do you dislike/don't enjoy?

What is important to you?

What would bring you joy if you had five minutes, one hour, one day?

What brings you life and energises you?

What brings you rest?

self

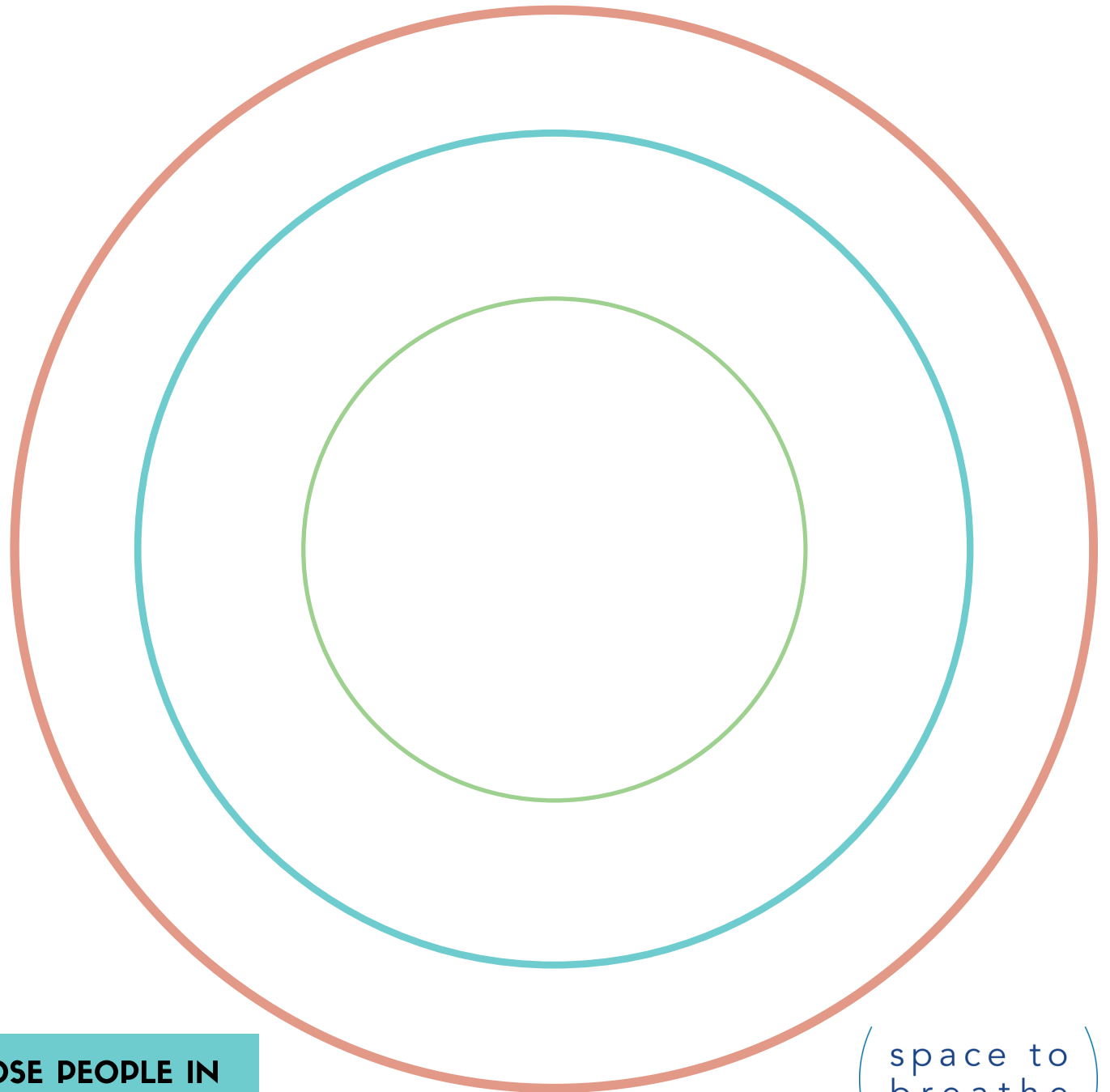
(space to breathe)

others

Living in connection with others is one of our core basic human needs, yet it is vulnerable. Something to be celebrated, but not always simple.

Knowing who our important people are and where different relationships fit in our lives can help us to work out where to prioritise who we say yes to and how often.

Watch this [two minute video](#) from Ben which introduces the friendship map and use the image to the right to make your own.



HOW DO YOU CONNECT WITH THOSE PEOPLE IN YOUR INNER CIRCLE?

(space to breathe)

other

Connecting with Other is all about inspiring awe and wonder and noticing things that are outside of ourselves. Look over the list of ideas below. Circle the ones that you know bring you life or rest. In another colour circle ones that you haven't tried but would like to. Be adventurous, sometimes the things we're skeptical of can be the things that surprise us in the way they give us life. Add anything to this page that you think might be missing.

Plan how you will make time to do one or two of these activities over the next week.

GIVE TO SOMEONE OR SOMETHING BEYOND YOUR NORMAL SPHERE

SIT IN SILENCE, PAUSE, BE STILL

DO SOME BREATHING EXERCISES

**SIT AND WATCH THE NIGHT SKY.
NOTICE THE SENSE OF AWE IT INSPIRES**

WRITE A GRATITUDE LIST

**WATCH A NATURE
PROGRAMME**

**LIGHT A CANDLE.
WATCH THE FLAME.
BE ABSORBED IN IT.**

**WRITE A LIST OF GOOD THINGS
IN YOUR LIFE AT THE MOMENT -
CAN YOU GET TO 20?**

TEND THE GARDEN

**GET OUR INTO NATURE.
ENGAGE YOUR FIVE SENSES
TO NOTICE WHAT IS
GOING ON AROUND YOU.**

TRY MEDITATION

(space to
breathe)