2: THE POWER OF HUMAN CONNECTION:
Your Action Plan for Building a Personal Competitive Advantage

Reflect and Prepare

Name:

What Is Human Connection?
Human connection is the skill of building relationships that support, inspire, and elevate your learning, work, and life. It's a professional skill that opens doors and creates long-term opportunity.

Why This Matters to Me
In your own words, why does connection matter for your goals, career, or lifestyle?

_____

_____

_____

_____

_____

_____

My Current Relationship Landscape
Where do you want to grow stronger connections right now?
❑ Class or training program
❑ Jobsite or workplace
❑ Mentorship or coaching
❑ Peer network
❑ Family or personal life
❑ Other: _____

Barriers to Connection
What is your biggest obstacle to connecting?
❑ Shyness or anxiety
❑ Past experiences
❑ Time or priorities
❑ Cultural or communication differences
❑ Not knowing what to say
❑ Other: _____

Belief Shift
Circle or write a belief to support your growth:
"Connection builds my personal and professional advantage."
"I don't have to be extroverted to connect with people."
"I can start small and build over time."
"Relationships are investments in my future."
Other: _____

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Connection Plan + Tracking

Name:

My 28-Day Connection Focus
One action I will take consistently to build human connection:

_____

Where will I do it?_____ With whom?_____

How often? ❑ Daily ❑ Weekly ❑ Other: _____

Restart Plan
When I fall off or feel disconnected, I will:
❑ Revisit my "why"
❑ Reach out to someone I trust
❑ Use a new question or compliment to restart
❑ Other: _____

Weekly Reflection Prompts
1. Who did I connect with this week?

_____

2. How did it help my learning, motivation, or mindset?

_____

3. What would I do differently next week to improve my connections?

_____

4. How is this building my personal competitive advantage?

_____

28-Day Connection Tracker

Connection goal: _____

Week 1 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 1 go? Circle one word:
✔ Connected ✔ Awkward ✔ Supported
✔ Energized ✔ Invisible ✔ Confident

Week 3 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 3 go? Circle one word:
✔ Connected ✔ Awkward ✔ Supported
✔ Energized ✔ Invisible ✔ Confident

Week 2 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 2 go? Circle one word:
✔ Connected ✔ Awkward ✔ Supported
✔ Energized ✔ Invisible ✔ Confident

Week 4 ❑ ❑ ❑ ❑ ❑ ❑ ❑
How did week 4 go? Circle one word:
✔ Connected ✔ Awkward ✔ Supported
✔ Energized ✔ Invisible ✔ Confident

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