

Connectivity Worksheet

Complete each question in the assigned circle.

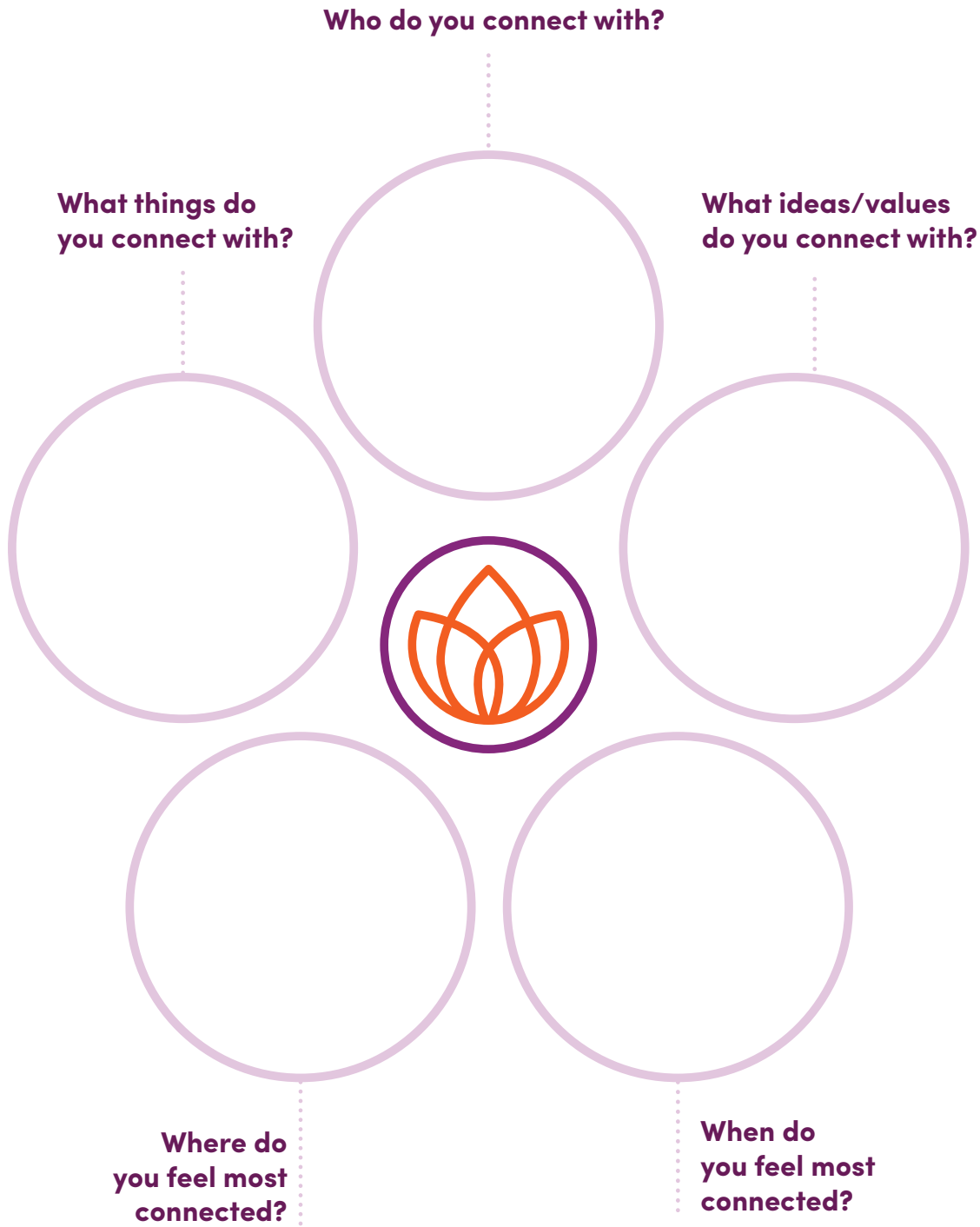
Who do you connect with?

What things do you connect with?

What ideas/values do you connect with?

Where do you feel most connected?

When do you feel most connected?



Draw a picture of how you connect to your body.



Draw a picture of how you connect to your emotions.

