



## Me Before You

How connecting with your essential nature paves the way for meaningful connections with others

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## Session Objectives



- Apply 5 practices to more meaningfully connect with your essential nature.
- Identify mindset and methods that dissolve separation, encourage authentic connection and foster health promotion partnership.
- Generate customized, measurable and achievable initial steps to expand personal and professional connections.

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### 5 practices to more meaningfully connect

1. Breathe with awareness
2. Survey the body
3. Quiet the mind
4. Low thought – High thought
5. Gratitude

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## Reflections

- Describe your overall experience of “being with” your partner?
- What did you notice about yourself?
- How did your experience change during the activity?
- What thoughts or behaviors could help you deepen your comfort and connection?

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### My Easy-Breezy Connection Plan

Connection starts with awareness. Use this worksheet to identify and design tiny steps you can practice this week to connect with your essential nature, with your friends and family, and with your clients and colleagues.

Up to 3 tiny-steps to connect with your essential nature

Tiny Little Step	By When	How I'll Celebrate

Up to 3 tiny-steps to connect with friends/family

Tiny Little Step	By When	How I'll Celebrate

Up to 3 tiny-steps to connect with clients/colleagues

Tiny Little Step	By When	How I'll Celebrate

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