



REFLECT, RECHARGE, RECONNECT

INTERPERSONAL CONNECTIONS

Connecting with people we know and interact with

PRACTICE ACTIVE LISTENING

Make an effort to fully engage with the person you are speaking with and show that you are listening by making eye contact, asking questions, and responding appropriately

ENGAGE IN MEANINGFUL CONVERSATIONS

This could mean discussing shared interests, exploring new ideas, or sharing personal experiences.

SHOW EMPATHY

When someone shares their feelings or experiences with you, try to put yourself in their shoes and show empathy.

SHARE EXPERIENCES

Look for opportunities to share experiences with others. This could mean taking a class together, going on a trip, or participating in a shared hobby.

BE VULNERABLE

Be willing to share your thoughts, feelings, and experiences with others, even if it feels uncomfortable at first.

MAKE TIME FOR CONNECTION

Make a conscious effort to prioritize time with the people who are important to you, whether that means scheduling regular coffee dates, phone calls, or other activities.



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ENVIRONMENTAL CONNECTIONS

Connecting with natural and built environments

NATURE WALKS/HIKES

Take leisurely walks or challenging hikes to immerse yourself in the beauty of nature. Observe the flora and fauna, listen to the sounds, and feel the fresh air.

GARDENING

Engage in gardening activities, whether it's in your backyard, community garden, or even indoor plants. Planting, nurturing, and caring for plants can foster a deep connection with the natural environment.

PHOTOGRAPHY OR SKETCHING

Capture the essence of both natural and man-made environments through photography or sketching.

MINDFULNESS & MEDITATION

Practice mindfulness or meditation in natural or quiet spaces. Focus on your senses, observe the sounds, smells, and sensations around you, and let go of distractions.

EXPLORE URBAN AREAS

Take the time to explore urban areas and appreciate the architecture, cultural landmarks, and street art. Visit museums, art galleries, or historical sites to learn about the human-made environment and its history.

LEARN ABOUT LOCAL ECOLOGY

Take classes or attend workshops to learn more about the ecology of your local area. Understanding the plants, animals, and ecosystems in your region can help you appreciate the unique natural heritage of your community.



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CONCEPTUAL CONNECTIONS

Connecting with what we learn and with our learning

READ WIDELY

Read books, articles, and other materials on a variety of subjects to expose yourself to new ideas and perspectives.

SEEK OUT DIFFERENT VIEWPOINTS

Make an effort to seek out different viewpoints on important issues. This can help you challenge your own assumptions and develop a more complex understanding of complex issues.

ATTEND LECTURES & WORKSHOPS

Attend lectures, workshops, and other events to learn from experts in various fields.

TAKE CLASSES

Take classes on subjects that interest you, whether that means taking a language class, enrolling in an art class, or studying a new subject at a local community college or online.

PRACTICE CRITICAL THINKING

Make a conscious effort to practice critical thinking in your daily life. This means evaluating information and ideas carefully, looking for evidence to support or refute them, and considering multiple perspectives.

ENGAGE IN CREATIVE PURSUITS

Engage in creative pursuits, such as writing, painting, or playing music.



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UNIVERSAL CONNECTIONS

Connecting with all of humanity and the world

VOLUNTEER

Volunteer for causes that are important to you, such as community service or humanitarian aid.

TRAVEL

Travel to different parts of the world to experience different cultures and ways of life.

CONNECT WITH PEOPLE FROM DIFFERENT BACKGROUNDS

Make an effort to connect with people from different backgrounds, whether that means learning a new language or joining a cultural exchange program.

PRACTICE KINDNESS

Make a conscious effort to practice kindness in your daily life, whether that means holding the door open for someone or offering a helping hand to someone in need.

SUPPORT HUMAN RIGHTS

Support organizations and causes that promote human rights and social justice.

EXPLORE SPIRITUALITY

Explore your own spirituality or engage with different spiritual traditions to develop a deeper sense of connection to something greater than yourself.



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CONNECTION REFLECTION

Connecting with my family, my friends and acquaintances, my land and environments, my learnings, and the world.

INTERPERSONAL CONNECTIONS

In what ways do your relationships make your life, and others' lives, better?

ENVIRONMENTAL CONNECTIONS

What places do you feel closely connected with, outdoors and indoors?

CONCEPTUAL CONNECTIONS

What about your workplace gives you energy? What about your workplace wears you down? Why?

UNIVERSAL CONNECTIONS

Are you committed to being a "force for good" in the world? What does that mean to you?