

**“Who might need my attention
and care right now?”**

OTHERS



Focus: Connection, empathy, and belonging.

Reflective Questions

- When do I feel most connected to others?
- Who really knows me?
- Where am I withholding myself in relationships?
- Who might need my attention or care right now?

Practical Exercises

- Intentional Connection: Reach out to one person each day with presence or care.
- Practice Listening: Give someone your full attention without distraction. As you think about them and their needs, what occurs to you to do for them?



How's Your Spirit?



Vibrant



Steady



Tired



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