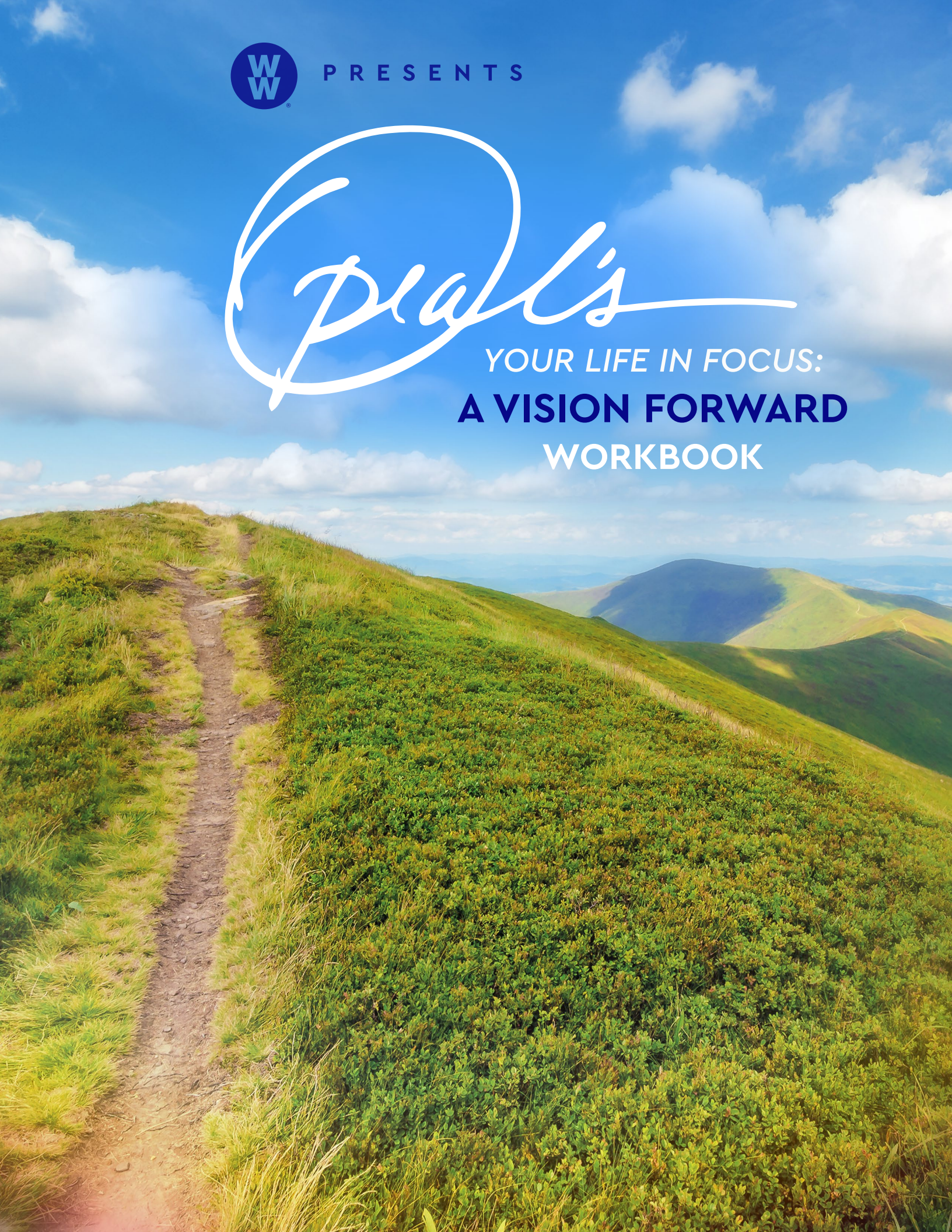




P R E S E N T S

*Pratt's*

YOUR LIFE IN FOCUS:  
**A VISION FORWARD**  
WORKBOOK







Your Wellness Quotient: **CONNECT**

WEEK 2: May 23, 2020

The ability to find healthy ways to **connect** to both ourselves and others can boost comfort and security during this pandemic—and help us successfully navigate the heightened emotions we're all feeling. Whether together or alone, social distancing offers the opportunity to reset or recommit to our relationships while we are at home.

**Instructions:**

To assess your connection quotient, consider how accurately each statement describes you at this time, and select a score from 1 to 4:

- 1 – Not me at all
- 2 – Sometimes me
- 3 – Often that's me
- 4 – That's me!

- 1. I feel the relationships in my life are growing stronger during this time.
- 2. I'm finding ways to stay connected to communities that are important to me, like my extended family, neighborhood, place of worship, or gym.
- 3. Whether I am in a single household or living with others, I am using this time to strengthen the relationship I have with myself.
- 4. When faced with someone's fear and anxiety, I choose compassion over criticism or impatience.
- 5. I try to help others who are struggling more than I am, even if it's dropping off groceries at their doorstep or sending a text to an anxious friend.

**Scoring:**

Add up your scores and write the total here:



## What your score says about how you connect in this moment:

### 5-8:

You're probably feeling isolated, whether you live with other people or not. What are some small steps you can take to reach out to others and find some common ground?

### 9-12:

You've made some attempts to strengthen your relationships, but there is room to grow. How can you create more opportunities to connect and build on the ones that already exist?

### 13-17:

Your social network is alive and well, but you can take it to the next level. What is one relationship in particular you'd like to pour more energy into?

### 18-20:

Inclusive, substantial, thoughtful—you are working your connections. Is there an isolated person in your life you could bring deeper into your circle?

## Reflect and renew

What word can strengthen how you connect?

Write it down and keep it in mind this week:

What one simple thing can you do every day  
to put your word and how you connect into action?