

Positive connections

Helping the positive benefits outweigh the negative thoughts.



Negative voices

We can often avoid approaching people that would be good for us to connect with because we listen to the voices in our head. The negative thoughts convince us not to take the next step. We all too easily make assumptions that we will be rejected, and this fear of rejection occupies a larger space in our minds than it should. Yet, without taking bold steps and overcoming these negative voices, we might be missing out on a positive connection that could support our growth and open up new opportunities.

If it gets you nowhere, you are no worse off, but if the connection happens, imagine the possibilities that could arise!

Positive people



Take some time to think about who you want to approach that could be a positive connection for you.



What are the barriers (and fears) that have stopped you trying to connect?



What action can you take to help this connection happen?

CHALLENGE

Who are you going to contact that could help you? What is your desired outcome from taking this step?