## Positive connections

Helping the positive benefits outweigh the negative thoughts.

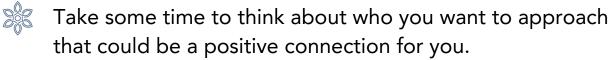


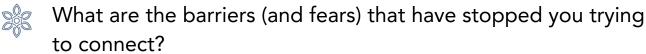
## **Negative voices**

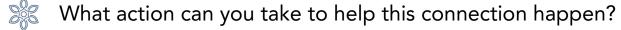
We can often avoid approaching people that would be good for us to connect with because we listen to the voices in our head. The negative thoughts convince us not to take the next step. We all too easily make assumptions that we will be rejected, and this fear of rejection occupies a larger space in 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









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