

Pillar 3: Connection & Purpose — Jump Start to Climb Together

If scores are low, focus on small, meaningful connection moments
(Choose to start with 1 or 2 that resonate with you.)

10 Simple Shifts:

1. Reach out to one person each day (text, call, or in person).
2. Schedule one intentional connection each week.
3. Use the 10-minute conversation guide with a partner or friend.
4. Express appreciation to someone daily.
5. Make eye contact and be fully present in conversations.
6. Put your phone away during at least one interaction per day.
7. Participate in a group, church, or community activity weekly.
8. Share something real: a thought, feeling, or experience.
9. Listen without interrupting or fixing.
10. Ask yourself: "Who can I lift today?"

Safe connection tells your body: "I am not alone."

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Small steps, practiced consistently, create powerful change.
This is how you begin your journey toward Great Calm and
Whole-Body Alignment.