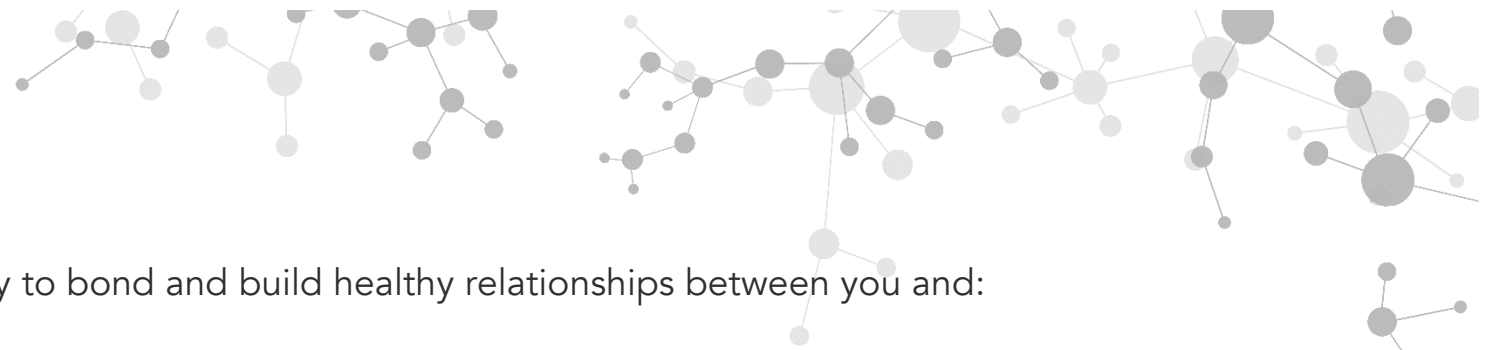


# Connection Journal

SEXY  
BRAIN



Connection is the ability to bond and build healthy relationships between you and:

- yourself,
- your family members, and
- your co-workers.

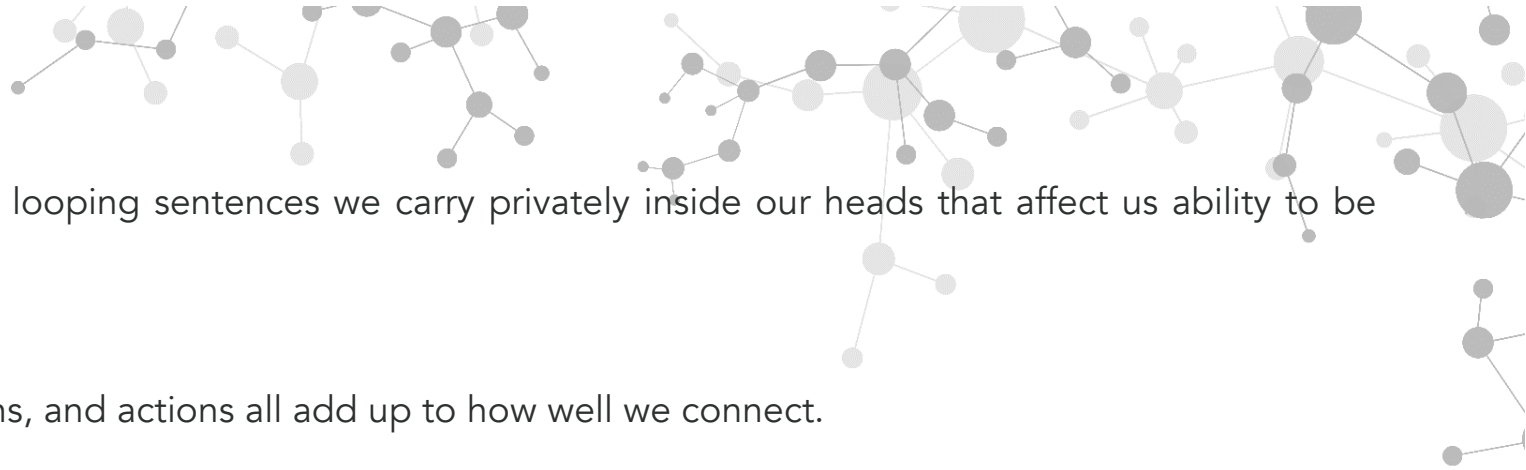
It is not just about love relationships. But, of course, building sustainable love relationships is what many of us long to accomplish, and connection is critical within the terrain of romantic love.

The ability to connect healthfully is a tool. You need to be aware of your ability to connect, what is blocking that ability, and how to use it. It all starts with awareness. That is what a connection journal is about. It helps you start to be aware of what connection is, how to practice it, and how it affects many parts of your life.

Just like you can't sit down at a grand piano and be a great piano player without practicing, connection take awareness, focus, and practice. It is like anything else we long to achieve.

Connection begins with baby steps. Do you take the time and effort to look into someone's eyes when you are talking to them? Do you listen more than you think about what you are going to say next about

# SEXY BRAIN



yourself? What are the looping sentences we carry privately inside our heads that affect us ability to be present with others?

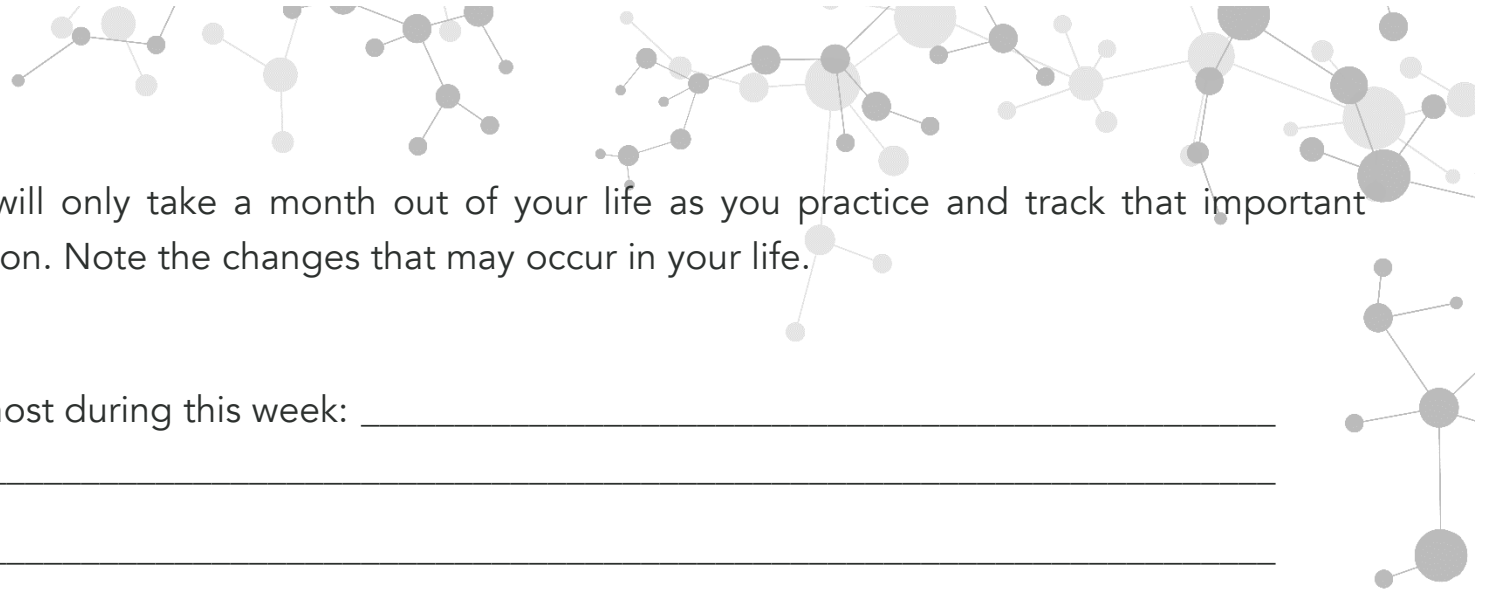
Our thoughts, intentions, and actions all add up to how well we connect.

The more connected we are, the healthier are the emotions we experience. Healthy emotions and connections affect us like healthy food does: the better our energy, sleep, and even our moods. If we are isolated and less connected, it's like eating a poor diet; we start to have less energy, less motivation for fun, poorer sleep, and less well-being.

Fill out the following checklist daily and then after a week answer the questions that follow.



# SEXY BRAIN



This simple journal will only take a month out of your life as you practice and track that important vitamin C— connection. Note the changes that may occur in your life.

What I noticed the most during this week: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What I realize I now need to work on: \_\_\_\_\_  
\_\_\_\_\_

What I realize I am hoping to get from someone else's ability to connect: \_\_\_\_\_  
\_\_\_\_\_

What I think is holding me back the most: \_\_\_\_\_  
\_\_\_\_\_

# SEXY BRAIN



What I realize I do best in terms of connection: \_\_\_\_\_

\_\_\_\_\_

What I liked best about doing this journal: \_\_\_\_\_

\_\_\_\_\_

What I learned about what I say to myself throughout the day: \_\_\_\_\_

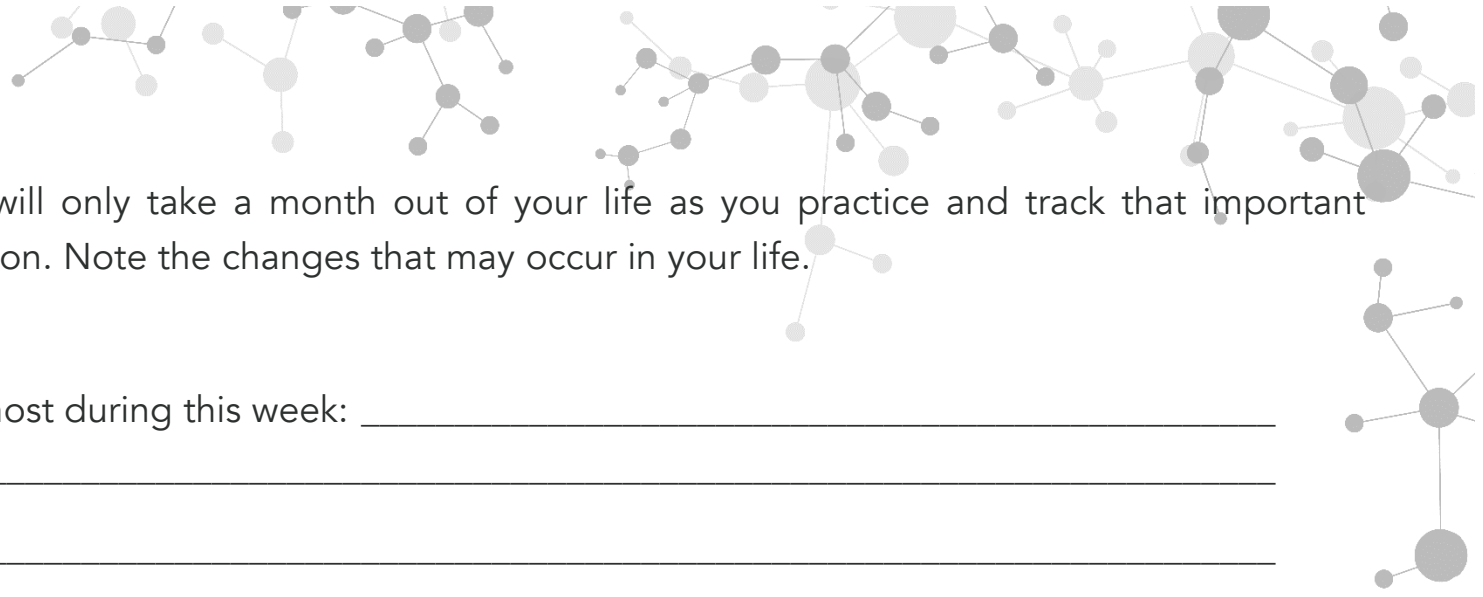
\_\_\_\_\_

I am amazed at how my inner thoughts and connection affected my: \_\_\_\_\_

\_\_\_\_\_



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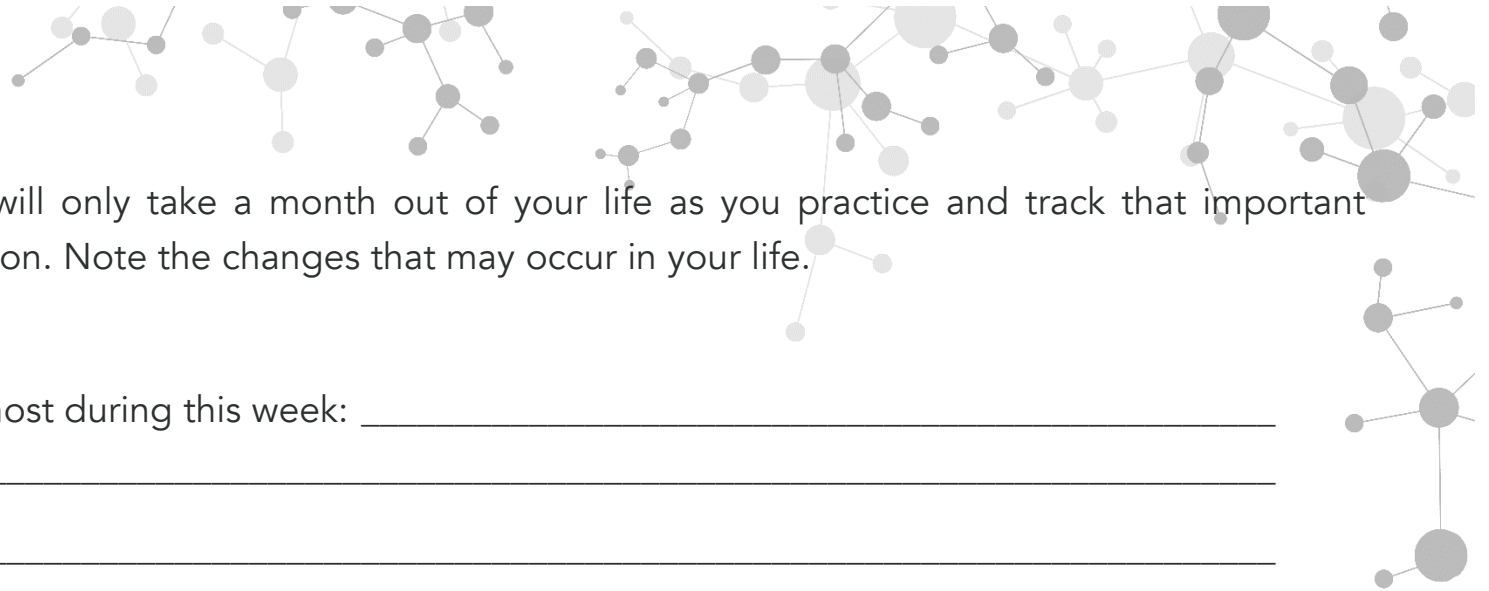
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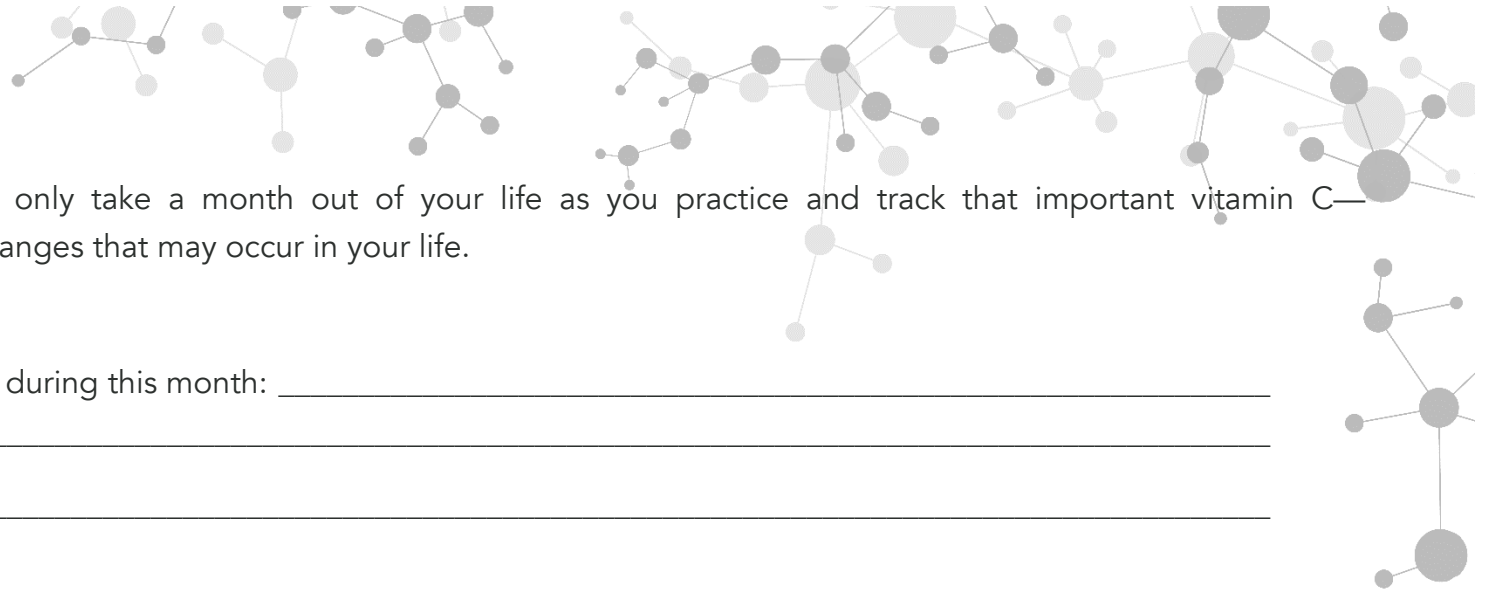
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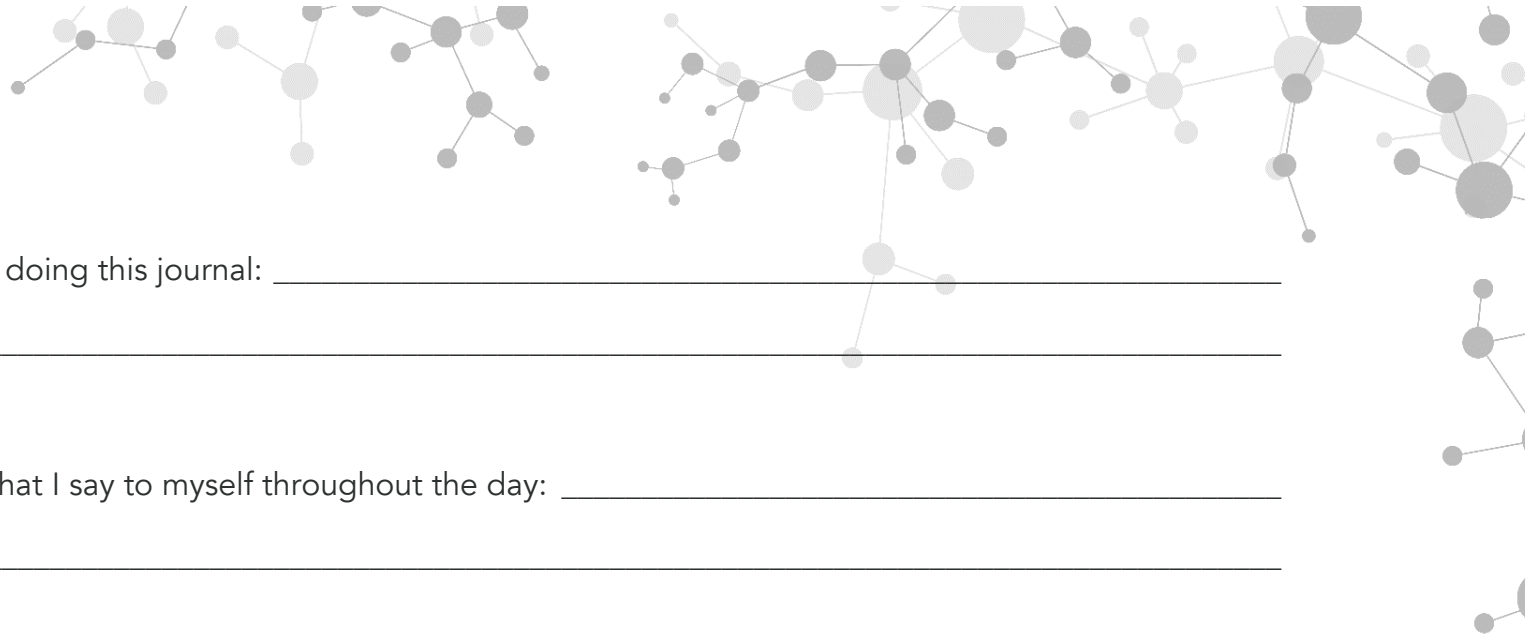
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