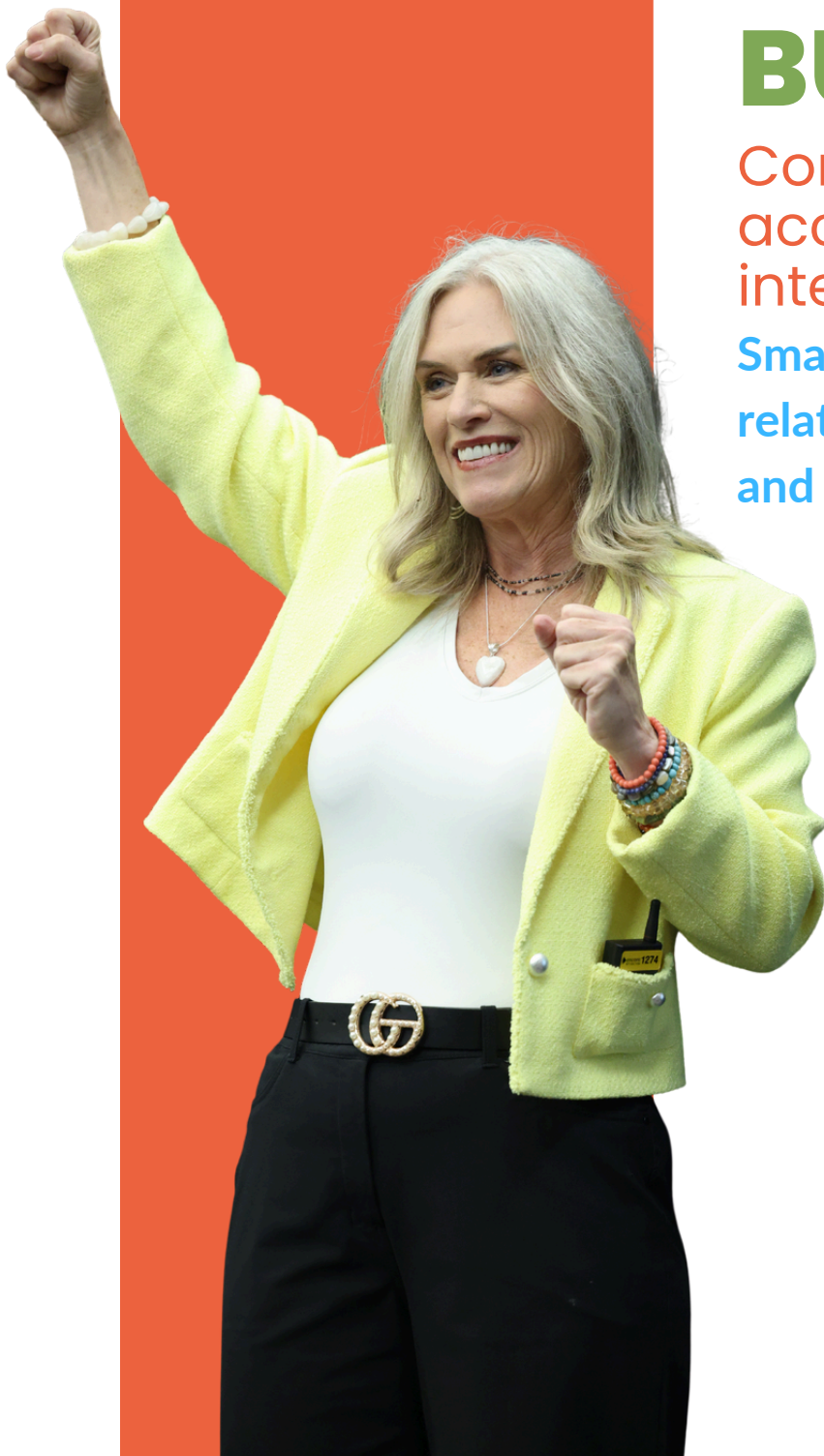


CONNECTION BUILDER

Connection isn't
accidental. It's
intentional.

Small shifts that strengthen
relationships, lift energy,
and build trust.

By Kim Hodous



LIGHTEN UP (JUST A LITTLE.)

Not everything requires a serious face.
Where might I be overcomplicating things?

What would shift if I brought a little more humor or grace into this moment?

If I stepped back just 10%, what might feel lighter?

SAY IT. OUT LOUD.

Recognition matters most when it's specific.
Who deserves encouragement right now?

What effort have I noticed but haven't acknowledged?

What exactly will I say?

How will I deliver it?

- In person
- Phone call
- Text
- Email
- Handwritten note

GO ONE LAYER DEEPER

“How’s it going?” is polite.
A better question builds connection.

Try asking:

- What’s been the most challenging part of your week?
- What’s been working well lately?
- What’s something you’re proud of right now?
- What do you need more of?

Who will I ask a deeper question this week?

What will I ask when I do it?

When will I do it?

STRENGTHEN ONE RELATIONSHIP THIS WEEK

Pick one person. Be intentional.

Name: _____

What small action will I take?

- Send a thoughtful note
- Offer specific appreciation
- Schedule 15 minutes to connect
- Share a laugh
- Ask a meaningful question
- Other: _____



**Small moments build strong relationships.
And strong relationships make work
— and life — better.**

Part of the Simple Little Shifts™ Toolkit

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