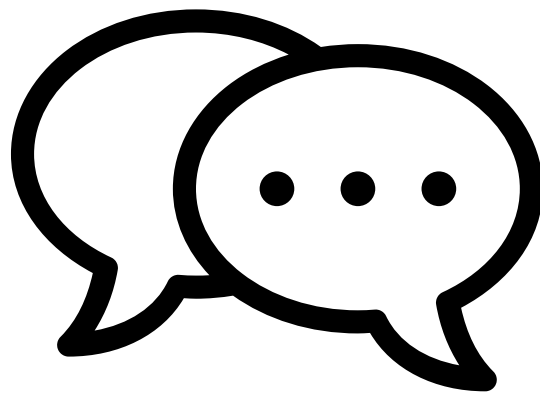


Connectworking™

*A 30-Day Practice for
Building Meaningful
Connections*



Welcome!

Each small act of connection creates a ripple that reaches further than you'll ever know.

Welcome to your 30-Day Connectworking Practice, a month of small, meaningful actions that bring more humanity into your professional world. Each day offers a bite-sized challenge to spark curiosity, courage, and kindness. Some days will feel easy, other days not so much. All of them count.

Jen

How to Use This Workbook

- Focus one page per day
- Spending 10–15 minutes is plenty
- If you miss a day, don't stress. Life happens. Just pick back up where you left off.
- If a day feels uncomfortable, pay attention. Discomfort often means you're stretching in a way that matters.
- Messy handwriting and doodling are encouraged

Progress beats polish. Always!

What it is...

- A more human way to reconnect when life starts to feel isolating or surface-level
- A daily practice focused on real people, not roles or agendas
- A way to rebuild confidence and belonging without pretending you have it all together
- About noticing, listening, following through, and being generous in small ways
- Designed to feel doable—even on low-energy, off-balance days

What it is not...

- Something you have to be good at
- A performance or personality upgrade
- About fixing yourself or your relationships
- A checklist for being “more social”
- A test you can fail

You don't need to believe in this. You just need to try it.

Reconnect With Your Real Self

Day 1: Name your impact

Why this matters

Before you worry about who to meet, get clear on how you want to *feel when you're around others.*

Today's practice

Write three words describing how you want people to feel after interacting with you.

Reflection

Where do these words already show up in my life?

Your presence is your calling card.

Reconnect With Your Real Self

Day 2: Reframe the fear

Why this matters

Fear doesn't disappear; it just needs a better story.

Today's practice

Write one fear you have about networking or reaching out. Now rewrite it as a more generous, truthful belief.

Reflection

How does this new belief change my perspective?

Fear shrinks when curiosity shows up.

Reconnect With Your Real Self

Day 3: Compliment the effort

Why this matters

People crave being seen for who they are, not just what they can offer.

Today's practice

Give a genuine compliment focused on effort, character, or growth.

Reflection

How did it feel to notice someone this way?

Encouragement costs nothing.

Reconnect With Your Real Self

Day 4: Name your people

Why this matters

No one gets where they are alone.

Today's practice

List 10 people who have positively impacted your life.

Reflection

What patterns do I notice about the people who shaped me?

Gratitude is connection in its purest form.

Reconnect With Your Real Self

Day 5: Say Thank You

Why this matters

Unspoken appreciation is a missed opportunity.

Today's practice

Send a gratitude message to one person from yesterday's list.

Reflection

What shifted when I pressed send?

Say it while you can.

Reconnect With Your Real Self

Day 6: Be real, not polished

Why this matters

People connect to honesty and authenticity.

Today's practice

Share something real (not perfect) on social media.

Reflection

What happened when I showed up without over-editing?

Authenticity is the new visibility.

Reconnect With Your Real Self

Day 7: Weekly reflection

What surprised me this week?

What felt uncomfortable, but good?

I'll keep doing:

I'll try once:

I'll release / stop forcing:

Reach Out & Reconnect

Day 8: Reach back

Why this matters

Time doesn't ruin relationships, silence does.

Today's practice

Message someone you haven't spoken to in a year.

Reflection

What story did I tell myself before reaching out?

Most people are glad you thought of them.

Reach Out & Reconnect

Day 9: Comment with care

Why this matters

Thoughtful engagement builds connection faster than cold outreach.

Today's practice

Leave a meaningful comment on someone's post.

Reflection

How is this different from scrolling?

Add to the conversation.

Reach Out & Reconnect

Day 10: Use your voice

Why this matters

Your voice builds trust faster than text.

Today's practice

Send a 20-second voice or video message.

Reflection

What felt more human about this?

Your voice carries warmth text can't.

Reach Out & Reconnect

Day 11: Make an introduction

Why this matters

Introductions are quiet acts of generosity.

Today's practice

Introduce two people who should know each other.

Reflection

How did it feel to be a connector?

Be the bridge.

Reach Out & Reconnect

Day 12: Ask... then listen

Why this matters

Listening builds trust without trying.

Today's practice

Ask someone what they're working on or excited about, then truly listen.

Reflection

What did I learn by not rushing to respond?

Good listening changes the conversation.

Reach Out & Reconnect

Day 13: Share a resource

Why this matters

What you give has a way of circling back.

Today's practice

Share a helpful article, podcast, introduction, or recommendation.

Reflection

How did generosity feel today?

Be the person who shares the good stuff.

Reach Out & Reconnect

Day 14: Weekly reflection

Which reconnection felt most meaningful? Why?

What shifted in my confidence?

I'll keep doing:

I'll try once:

I'll release / stop forcing:

Radiate Generosity

Day 15: Thank the invisible

Why this matters

Those who are often unnoticed often carry the most weight.

Today's practice

Thank someone who rarely gets thanked.

Reflection

Who else deserves acknowledgment?

Kindness is never wasted.

Radiate Generosity

Day 16: Offer help

Why this matters

Real help builds real trust.

Today's practice

Offer support with no expectation attached.

Reflection

How did releasing the outcome feel?

Give without keeping score.

Radiate Generosity

Day 17: Spotlight someone else

Why this matters

Elevating others elevates the whole room.

Today's practice

Publicly acknowledge someone's win or effort.

Reflection

What did celebrating others unlock in me?

Applause costs nothing.

Radiate Generosity

Day 18: Just because coffee... or tea

Why this matters

Connection grows best without an agenda.

Today's practice

Schedule a "just because" coffee or walk.

Reflection

How is this different from agenda-driven meetings?

Connection doesn't need a reason.

Radiate Generosity

Day 19: Write a recommendation

Why this matters

Advocacy is powerful currency.

Today's practice

Write a LinkedIn recommendation for someone.

Reflection

What makes this person especially easy to advocate for?

Use your voice to lift others.

Radiate Generosity

Day 20: Encourage someone

Why this matters

A few kind words can carry someone forward.

Today's practice

Offer sincere encouragement to one person.

Reflection

How did encouragement ripple outward?

You never know what someone needs to hear.

Radiate Generosity

Day 21: Weekly reflection

How did generosity shift me this week?

Where did I feel most energized?

I'll keep doing:

I'll try once:

I'll release / stop forcing:

Generosity has a way of changing the giver first.

Grow Your Ripple

Day 22: Host a catch-up

Why this matters

Most good conversations begin because someone reached out.

Today's practice

Invite someone for a 20-minute catch-up coffee... or tea.

Reflection

How did hosting shift my confidence?

Be the brave one. Send the invite.

Grow Your Ripple

Day 23: Join something new

Why this matters

New environments invite new ways of thinking.

Today's practice

Check out a group aligned with your values.

Reflection

How did it feel to be new again?

Your environment shapes what feels possible.

Grow Your Ripple

Day 24: Share a growth story

Why this matters

Vulnerability builds credibility.

Today's practice

Share a lesson learned, not just the highlights.

Reflection

What happened when I led with honesty?

Your story gives others permission.

Grow Your Ripple

Day 25: Keep the connection alive

Why this matters

People notice when you don't disappear.

Today's practice

Follow up with someone you met this month.

Reflection

What did staying in touch reinforce?

Grow Your Ripple

Day 26: Ask how to support

Why this matters

Support looks different to different people.

Today's practice

Ask someone how you can support them right now.

Reflection

What did I learn by asking instead of assuming?

Support starts with listening.

Grow Your Ripple

Day 27: Gratitude practice

Why this matters

Small repeated actions are what keep things going.

Today's practice

Create a weekly gratitude practice.

Reflection

How does this anchor me?

What you repeat becomes who you are.

Grow Your Ripple

Day 28: Weekly reflection

What's changing in how I connect?

What feels more natural now?

I'll keep doing:

I'll try once:

I'll release / stop forcing:

Make It a Movement

Day 29: Choose what stays

Why this matters

Sustainability beats intensity.

Today's practice

Choose three Connectworking habits to continue weekly.

Reflection

Why these three?

Small done consistently wins.

Make it a movement

Day 30: A Connectworking manifesto

Why this matters

Identity outlasts effort.

Today's practice

Write your Connectworking Manifesto starting with:

From now on I will:

Reflection

Who benefits when I show up this way, besides me?

Connection is a choice you get to make daily.

Pay it forward

Connection grows when shared

- Thank those who helped you
- Reach out to someone you can help
- Invite someone else to try this practice
- Share your wins and ah-ha moments with #connectworking
- Know a struggling job seeker? Gift them the book

Stop Networking, Start Connectworking

Create a list of people to connect with next

WHO HELPED YOU?

WHO CAN YOU HELP?

When you change how you connect, you change what's possible

How to share #Connectworking

Connection doesn't end here.

Connectworking was never meant to be a solo exercise. Real connection grows when it's shared, noticed, and passed along. If this 30-day practice shifted how you show up, even a little, you're already part of the movement.

Sharing doesn't have to be loud or perfect... it just has to be real.

Simple Ways to Share

Choose one (or more) that feels natural to you:

- Share a moment: Post about a small win, an unexpected conversation, or an ah-ha moment from the challenge.
- Spotlight someone: Acknowledge a person you connected with or learned from this month. Use #connectworking
- Tell the truth: Share how connectworking felt different from traditional networking.
- Invite one person: Forward this practice to someone who could use more human connection right now.

What to Say (If You're Stuck)

You don't need the perfect words. Try one of these starters:

- "This month, I'm practicing something called Connectworking... leading with curiosity and connection instead of trying to say the right thing."
- "A small connection I almost didn't make today ended up mattering more than I expected."
- "I'm learning that connection doesn't require an outcome... just presence."

Use the Hashtag

When you share, add #connectworking so others can find the movement, learn from your experience, and feel less alone in theirs.

Remember

This isn't about building a brand, it's about building bravery. One honest post can permit someone else to reach out, try again, or show up differently.

Connection multiplies when you stop keeping it to yourself.

Notes

Some ideas just need a bit more space.