

# Three Steps to Building Authentic Connections

Meaningful change starts with self-awareness and developing a genuine connection with others. This worksheet will help uncover your core motivations so you can bring your authentic self to any conversation—whether you’re digging into stakeholder needs or chatting with a mentor over coffee.

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## Exploring your purpose

Start by answering questions about who you are and what sparks joy.

1. What gives you energy?

2. What mark do you want to make on this world?

3. How can you make a meaningful difference?

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## Understanding your network

Empathize with your audience by learning what matters most to them.

1. What’s your biggest priority right now?

2. What keeps you up at night?

3. What’s your ideal way to connect?

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## Having authentic conversations

Practice active listening and approach each interaction with curiosity.

1. What’s standing in your way?

2. What can I do to help?

3. Whom can I connect you with?

Answers from step 1 are your foundation for conversations in steps 2 and 3.

