

# Finding Connection

Using the  
4 Pillars of **THE IN SYNC METHOD**



With Amanda Hefez

8 Simple Exercises to Help You  
**Connect, Reflect, and Grow**

[InSyncPsychology.com.au/FindingConnection](https://InSyncPsychology.com.au/FindingConnection)



# Pillar 1 Connection with yourself

This pillar focuses on self-esteem, self-acceptance, and self-regulation. Understanding and managing your own emotions and thoughts are key to a balanced life.

## Exercise 1: Self-Reflection Journal

**Instructions:** Spend 10 minutes reflecting on the following questions:

What are three things you like about yourself?

1.

2.

3.

What are your core values?

1.

2.

3.

How do you manage stress and emotions currently?

## Exercise 2: Self-Regulation Practice

**Instructions:** Identify one area where you often feel overwhelmed.

Write down a strategy to manage this feeling better (e.g., deep breathing, taking a walk, talking to a friend)

Area you feel overwhelmed:

Your strategy:

## Pillar 2 Connection with others

This pillar focuses on building healthy and supportive relationships with family, friends, and co-workers which is crucial for emotional support and well-being.

### Exercise 1: Relationship Audit

**Instructions:** List the key people in your life. Rate each relationship on a scale from 1 to 5 based on how supportive and positive they are. Identify one action to improve each relationship.

Person 1:  Rating:

Action to improve:

Person 2:  Rating:

Action to improve:

Continue on a blank piece of paper or your phone for more relationships.

### Exercise 2: Active Listening Practice

**Instructions:** For the next week, practice active listening in your conversations. Note any changes in your relationships and personal feelings.

# Pillar 3 Connection with your purpose and passions

This pillar is about pursuing personal goals, interests, career opportunities, and passions that give your life meaning.

## Exercise 1: Passion Inventory

**Instructions:** Write down your top five interests or passions. Reflect on how you can incorporate them into your daily life or career.

1.

3.

5.

2.

4.

How can you incorporate them into your daily life and career?

## Exercise 2: Goal Setting

**Instructions:** Set one short-term and one long-term goal related to your passions. Break down the steps needed to achieve these goals.

### Short-term Goal

1.

2.

3.

4.

5.

### Long-term Goal

1.

2.

3.

4.

5.

Continue on a blank piece of paper or your phone for more in-depth plan to achieve these goals.

# Pillar 4 Connection with a sense of belonging

This pillar is about having a sense of belonging and contributing to your community. It's about gratitude and showing compassion for others.

## Exercise 1: Gratitude Journal

**Instructions:** Write down three things you are grateful for each day for a week. Reflect on how this practice changes your outlook.

### MONDAY

1.	2.	3.
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### TUESDAY

1.	2.	3.
----	----	----

### WEDNESDAY

1.	2.	3.
----	----	----

### THURSDAY

1.	2.	3.
----	----	----

### FRIDAY

1.	2.	3.
----	----	----

### SATURDAY

1.	2.	3.
----	----	----

### SUNDAY

1.	2.	3.
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## Exercise 2: Community Involvement Plan

**Instructions:** Identify one way you can give back to your community (e.g., volunteering, helping a neighbour). Make a plan to engage in this activity within the next month.

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