

## TOUCHING BASE KEEPS CONNECTIONS OPEN

It is easy to get lost in the rush of daily living, but I push myself to stay connected. It is important to keep my personal and professional relationships current.

Choosing to move to another job brings me new opportunities. But I also choose to remain in touch with my professional colleagues from other places.

Keeping in contact keeps me in their mind for upcoming projects requiring my skill sets. I know that my willingness to stay connected leaves a good impression.

I also keep in close contact with my family across the world. Knowing what is going on in their lives keeps me closer to them. I like being able to offer advice and show my support. Their happiness is important to me.

It is good to reassure others that they matter, so I stay in close contact. Difficult challenges are easier to navigate when there is a constant source of support and encouragement.

I love hearing from those who mean a lot to me. Their thoughtfulness makes me feel special. They are the first people I call whenever I have good news to share.

Today, keeping connections open ensures that I have others to lean on at a moment's notice. I am committed to reaching out and saying hello to personal and professional contacts on a regular basis.

## REFLECTION QUESTIONS

**1**

How can I maintain and strengthen my personal and professional relationships?

**2**

What steps can I take to ensure I stay connected with important people in my life?

**3**

How can I show appreciation and support for those who matter to me?