

Teach4Endurance LLC.

“Built to Endure. Trained to Thrive.”



Mindset Reset Exercise: “The Connection Inventory”

Podcast Episode: [Secrets](#)

Blog Entry: [I Have a Secret](#)

Part 1 - Reflect on Your Inner Circle

Take out a notebook or journal (or in the space below) and write down answers to the following:

- Who are the 3 people at work/school, etc. (students, colleagues, or leaders) that you interact with the most?
- What words would they use to describe your relationship right now?
- When was the last time you had a meaningful, non-task-related conversation with each of them?

Part 2 - Ask the Hard Question

Pick one person from your list and ask yourself:

"Have I invested enough in this relationship to earn trust, not just compliance?"

Be honest. Are you only communicating when something needs to be done? Or are you building emotional equity?

Part 3 - Bridge the Gap

Now commit to one of the following micro-actions this week to strengthen that relationship:

- Send a message just to check in—with no agenda.*
- Share a personal story or struggle to foster connection.*
- Ask for their perspective—and truly listen without correcting.*
- Show up for them in a way that surprises them.*

Step 4: Seal It with a Promise

Write this down and complete the sentence:

*"If I want to go far, I won't go alone. This week, I will strengthen my connection with _____
by _____."*

"The secret to success isn't found in strategies, plans, or goals. It's found in people. Your
greatest achievement might be the trust you build along the way."

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