

All Together Now

Exercises for deepening connection, finding community, and letting yourself be supported

Personal change rarely happens in isolation. Connection, contribution, and vulnerability aren't soft additions to the work — they deepen and sustain it. These exercises help you stay open to others and remember that you don't have to do this alone.

Belonging isn't about fitting in — it's about showing up as you are.

Exercise 1

Still Points for Connection

Short, intentional check-ins designed to keep you oriented toward others — even on the days when isolation feels easier.

PROACTIVE STILL POINTS

Choose a regular everyday cue (the When) and pair it with one of these Then practices:

- Ask: "Is there someone I could check in on or send a quick message to today?"
- Take a breath and remember: I don't have to do this alone.
- Bring to mind someone I'm grateful for — and silently wish them well.
- Ask: "What's one way I can be more open or available to others right now?"
- Remind myself: mutual support means letting myself receive too.

My Proactive Still Point #1:

When:

Then I will:

My Proactive Still Point #2:

When:

Then I will:

RESPONSIVE STILL POINTS

Use a specific feeling as your trigger. Some suggestions:

- When I feel isolated → text one person I trust, even just to say hi.
- When I feel reluctant to ask for help → remind myself: connection is wisdom, not weakness.
- When I feel resentful → ask: "Is there a need I haven't voiced yet?"
- When I feel like I don't belong → remember: belonging means showing up as I am.

My Responsive Still Point #1:

When I feel:

Then I will:

My Responsive Still Point #2:

When I feel:

Then I will:

Exercise 2

The "Lost Touch" Reach Out

It's easy to let a long time pass between contacts with people who matter to us. This small practice — done about once a week — helps keep those threads alive.

1. Take out your phone and scroll through recent text conversations.
2. Identify someone you haven't connected with in a while but who matters to you.
3. Send them a simple message: "Hi, I was thinking about you and wanted to connect."
4. Note how it feels to take this small step.

Who did I reach out to?

What hesitation, if any, did I feel before reaching out?

What emotions came up after sending the message?

Use this space to track your weekly reach-outs over time:

Week 1 — Person:

Week 2 — Person:

Week 3 — Person:

Week 4 — Person:

Week 5 — Person:

Exercise 3

Community Exploration Map

Map your existing connections and identify where you might deepen them or find new ones. For each place you already go regularly, note your current level of connection and one small step forward.

PART A: Places I Already Go

Place / Community	Current level of connection	Potential barrier
1		
2		

3		
4		
5		

PART B: New Communities to Explore

What values or interests would you like to share with others? What organizations, groups, or places cater to those interests?

Values / interests I'd like to build community around:

Two or three new communities worth exploring:

One small step I can take in the next week:

For worksheets and additional exercises, visit oneyoufeed.net/resources