

Making Connections

If you feel that you would like to try connecting with some new people, now is a great time to start! Here are some questions to think about:

1. *What type of connection am I looking for?*

2. *Am I already involved in activities (such as volunteering, work, religious activity) that might lead me to such a connection? If I am, how could I get to know some of those acquaintances better (go for coffee, invite them for a walk on a break, etc.)?*

3. *What activities might I consider adding to my life that would help me to be more connected with other people?*

Once you've chosen a possible avenue for greater connections (try either 2 **or** 3 for a start), use the **Solution-Focused Goal-Setting Worksheet** in the **Hope Section** to work out a plan.