



DREAMING MADE SIMPLE



1. Name one or more people in your life who have been the biggest help? How did you get connected? Was it unexpected?

2. Think of your closest relationships or friendships. How have they unfolded or developed over time? In other words, what's brought you closer?

3. Recall a time when one friend introduced you to a friend of theirs. My point is, you never know who can connect you with whom.

4. What are some of your favorite ways to help others around you? Examples could be a smile or encouraging word, spending time with someone or making food.

5. Who is someone you could reach out to today to say thank you, to encourage or to help?

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