

# Connection Inventory

*Map your relationships. Strengthen the ones that matter.*

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Loneliness is rarely about the number of people in your life — it's about the quality of your connection to them. This inventory helps you see clearly who is in your circle, what each relationship offers, and where intentional effort could kindle something deeper.

## PART 1 — YOUR THREE CIRCLES

*List the people in each circle honestly. There are no right answers — only true ones.*

### INNER CIRCLE

*People you can call at 2am. Those who know the real you.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### MIDDLE CIRCLE

*People you trust and enjoy — friends, family, colleagues you're close to.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### OUTER CIRCLE

*Acquaintances, neighbors, community members — people who add warmth to life.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## PART 2 — CONNECTION QUALITY CHECK

*Pick one person from your inner or middle circle. Answer these questions about that relationship.*

Person I'm reflecting on: \_\_\_\_\_

*When did we last spend real time together?*

\_\_\_\_\_

*Do I feel seen and understood by this person?*

\_\_\_\_\_

*What do I appreciate most about them that I've never told them?*

\_\_\_\_\_

\_\_\_\_\_

*What is one small action I could take this week to deepen this connection?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## PART 3 — THE GAP & THE NEXT STEP

Loneliness grows in the gap between the connection we have and the connection we need.

Naming the gap is the first act of closing it.

THE LONELINESS I FEEL MOST	WHAT I ACTUALLY NEED	ONE ACTION THIS WEEK
e.g. No one really knows me	e.g. One honest conversation	e.g. Text someone and ask to catch up

**Remember:** You cannot force connection — but you can create the conditions for it. One genuine, repeated action is enough to begin.

***"Belonging begins the moment you decide you are worthy of being known."***

— *Kindle the Light*, Chapter 3