

Connecting Your Dots

Reflection Guide

Notice the people, experiences, choices,
and unexpected turns that shaped you.

Sometimes the answers we've been searching for have been there all along.



The Dots That Shaped You

Start with what comes to mind

Don't search for the most important answer. Go on instinct. Start with the people, memories, events, and moments that pop into your mind without effort. You can always add more later as other memories emerge.

People

Who shaped you, believed in you, challenged you, opened a door, or changed your direction?

Experiences

Which experiences stayed with you or impacted other parts of your life?

Choices

What choice seemed minor at the time but changed more than you could have anticipated?

Unexpected turns

What detours took you somewhere you hadn't planned to go, and what became possible because of them?

Connecting Your Dots

See what connects - and what doesn't

Add people, groups, communities, places, experiences, choices, opportunities, and detours. A gym, church, team, club, workplace, or other groups can be a dot, too. Connect whatever feels connected, leave the rest alone. There is no right order, and no need to fill every dot.



Some dots may not connect yet.

What are you aware of now that you couldn't see then?

What Traveled With You

Notice how you moved through it

Now shift your attention from what happened to how you moved through it. How did you handle what was happening? How did you react or adapt? What was your attitude? Notice what feels familiar across very different chapters of your life.

How did you show up?

When things changed, became difficult, or opened new possibilities, how did you tend to respond? What helped you manage, adapt, decide, or keep moving?

What keeps showing up?

What qualities, strengths, interests, values, instincts, or ways of being, appear again and again across different parts of your life?

The Dots You Leave Behind

And the ones still ahead

The people and experiences behind you shaped your story. You have shaped other stories too - often in ways you may never fully know.

Where have you been a dot in someone else's life?

Who have you encouraged, connected, taught, challenged, believed in, opened a door for, or simply been there for?

The dots ahead

What are you curious about now? Is there a person, idea, place, possibility, or unexpected pull you're curious enough to follow without knowing where it will lead?

Not every dot needs to connect.

Some connections become visible only with time. And some of the dots that will matter most haven't appeared yet.