

Action and Connection

Think of your daily activities as falling into the four quadrants below. Try to spend some time **every day** in each quadrant.

	High Action	High Action	
Low Connection	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	High Connection
Low Connection	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	High Connection
	Low Action	Low Action	