

THE CONNECTION AUDIT

See Who's in Your Circle — and Strengthen the Relationships That Matter Most

A note from Kimberly Carter

Most people think connection happens by chance. It doesn't. Connection grows where attention goes. This short guide will help you see your relationships clearly — and show you exactly how to deepen the ones that support your life, leadership, and impact. You don't need more contacts. You need more meaningful connection.

PART 1 — Your Connection Circle

Inner Circle — Your Front Row: Write 3–5 names.

Growth Circle — Expanding Relationships: Write 5–10 names.

Wider Circle — Existing but Light Connections.

PART 2 — Quick Relationship Check

- 1 Do I invest in this relationship intentionally?
- 2 Do we communicate honestly?
- 3 Do I show appreciation regularly?

- 4 Is this relationship reciprocal?

PART 3 — 3 Scripts That Deepen Trust Fast

- 1 **Appreciation:** I was thinking about you today and wanted to say I really appreciate how you _____. It makes a difference.
- 2 **Move Beyond Small Talk:** I've been reflecting on what really matters this season. What's been most meaningful for you lately?
- 3 **Strengthen a Relationship:** I value our conversations and would love to stay more intentionally connected. Would you be open to that?

PART 4 — The 5-Minute Connection Reset

- 1 Send one appreciation message
- 2 Ask one real question
- 3 Offer one small support
- 4 Schedule one conversation
- 5 Be fully present in your next interaction

Next Step

Choose one person from your list and reach out within 24 hours. Not perfectly. Not strategically. Just genuinely.