

Flourish Allowing Comfort and Nurturing Trust and Connection



Identify Your Comfort Circle:

Who do you feel the most comfortable being around?
Who provides you with unwavering support during challenging times?
Who is your go-to person when you're feeling anxious or overwhelmed?
Who helps lift your spirits when you're feeling low?
Who do you trust to always be there for you?
Who do you share your successes and triumphs with?

Recognize Unique Qualities

List three positive traits these individuals embody that resonate deeply with you and contribute to your comfort and security.

Close your eyes and remember specific moment when you were feeling distressed or anxious.

Visualize one of the people extending support, understanding, and reassurance.

How did this person provide comfort and assistance?
How did you feel during this comforting interaction?



By regularly embracing and celebrating the positive connections in your life, you're fostering a deeper sense of trust and belonging, nurturing a supportive network that uplifts and empowers you on your journey.

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Credit to Greater Good for this idea.