



Invitations to the Power Within & Among Us

A Reflection Workbook by More Connected Humans™

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What This Workbook Invites

This workbook is an invitation, not into perfection or performance but into presence. It offers space to reconnect with your own deep knowing and to explore the power that still lives within you, especially in moments of uncertainty.

It is rooted in the More Connected Humans™ vision of liberation:

Liberation is the work of remembering who we are beneath what the world taught us to forget. It begins with examining the roots of repression in how we think, relate, and lead. It grows through healing the imprint of harm in our bodies and communities. And it becomes real when we dare to create new ways of being, so rooted in care and truth that harm has no home.

Liberation is not just freedom from. It is the creation of what we are free for.

Let these questions invite you into tenderness, courage, and connection with yourself and with others.

Reflection Questions

1. What part of you feels most alive right now?

2. When have you felt power rise quietly within you?

3. What's one truth about yourself you're reclaiming?

4. How do you know when you're being fully seen?

5. What helps you feel whole again?

6. What does freedom feel like in your imagination?

7. What story are you ready to rewrite?

8. Who reminds you of the power you carry?

9. What's one moment you realized your presence mattered?

10. How do you offer support that liberates?

11. What kind of ancestor do you want to be?

12. What do you long to be asked?

13. When do you feel most rooted in your values?

14. What wisdom is your body holding today?

15. How do you protect the power felt in others?

16. What feels sacred about your becoming?

17. When has someone else's courage carried you forward?

18. What helps you return to yourself?

19. How do you build safety in connection?

20. What do you commit doing more of? Less of?

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