

are you my heart person?

Who are the people I interact with the most?

Who are the people that when connecting with them you feel most alive, free, like yourself?

Are there people you interact with often who are not your heart people, but you think could be? How might you invite them into a deeper connection?

Are there heart people you have lost touch with? How can you reconnect to them?

The concept of a heart person is inspired by the work of storyteller & researcher, Brené Brown. Check out her resources at brenebrown.com