





Name \_\_\_\_\_

# Weekly Connect 5

Date \_\_\_\_\_

Start connecting with others by utilizing the “Weekly Connect 5” worksheet for the next 7 days. Prepare by writing your intended action for each “move” before the week begins.

## 1. Move to GROW

Once per week, share an article, video, book or podcast with anyone in your network to let him or her know that he or she is top of mind and that you care about growth.

**Specific Action:**

**Date:**

## 2. Move to LIVE WELL

Once per week, schedule a FITworking appointment with someone in or out of your network and add value to each other. FITworking is the combination of a workout and a brief meeting.

**Specific Action:**

**Date:**

## 3. Move to CONNECT

Once per week, write a thank you note, send a text/make a call just to say hello, type a quick Facebook message or give congratulations on LinkedIn to someone in or out of your network. This is a great way to grow your total number contacts while still staying close to them.

**Specific Action:**

**Date:**

## 4. Move to DEVELOP OTHERS

Once per week, block some time with a mentee and let him or her provide the agenda. Truly make it all about the mentee.

**Specific Action:**

**Date:**

## 5. Move to BE TEAMS

Once per week, add value to a team by sharing a relevant article, video, book or podcast with them. A team can be the organization that you volunteer at, the place where you work or at home with your family.

**Specific Action:**

**Date:**

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