



The Connection Code

Pre Connection: use this sheet to make any connection.

1. On a scale of 1-10 how confident do you feel to help this person that you are about to speak with?
2. Why do you rate it this number? What are your thoughts?
3. If it wasn't a 10 what would you need to believe to make it a 10. Write down all your thoughts.
4. On a scale from 1-10 how confident do you feel (in this current moment) in the skills and processes that you use to help others?
5. Why did you rate it this number?
6. If it wasn't a 10, what would you need to believe to make it a 10? Write down all your thoughts.
7. On a scale of 1-10, how confident do you feel in the capacity for humans to change?
8. Why did you rate it this number?
9. If it was not a 10 what would make it a 10?

10. Think of a time you, a patient or people you work with overcame a major obstacle that you felt was impossible to overcome. Write about it here.
11. List as many successes from past and current patients or people you manage that you can.
12. Now list your own breakthroughs and changes. Write down answers until you FEEL the power of your work in ALL of your body.

Here is how to CONNECT with Andrea:

www.romercoaching.com

<https://bit.ly/RomerCoaching>

<https://calendly.com/romercoaching/30min>