

Building Your Relationship Constellation

This worksheet is designed to help you assess your current web of relationships and identify potential new connections that could benefit you or your organization.

Analyzing Your Existing Web of Relationships

Personal Relationships:

List individuals (friends, family, acquaintances) who are part of your personal network.

Rate the strength of your relationship with each person on a scale of 1 to 5 (1 = weak, 5 = strong).

Note any skills, expertise, or resources they possess that could be valuable to you.

Professional Relationships:

List colleagues, coworkers, supervisors, mentors, or others from your professional network.

Rate the strength of your relationship with each person on a scale of 1 to 5.

Identify any connections that have helped you professionally in the past.

Community Relationships:

Note any involvement you have in clubs, organizations, or community groups.

List individuals you know from these groups who could be potential collaborators.

Highlight any shared interests or goals with these individuals.

Digital Relationships:

Identify individuals you've connected with through social media, forums, or online communities.

Note the platforms where you're connected and the nature of your interactions.

Consider whether any of these online relationships could translate into offline collaborations.

Functional Relationships:

Identify individuals you've connected with through a specific function of your organization.

Note the functions and roles that these center around.

Rate the health of those relationship on a scale of 1 to 5.

Identifying New Connections

GOALS AND OBJECTIVES

Define your personal or organizational goals that require external support or collaboration.

Think about the types of skills, expertise, or resources that could contribute to these goals.

INDUSTRY OR FIELD

List specific industries or fields relevant to your goals.

Identify key players, thought leaders, or experts in these areas whom you don't yet know or would like to know better.

REFERRALS AND RECOMMENDATIONS

Ask your current contacts if they know anyone who could be beneficial for your goals.

Set SMART goals for seeking introductions for new contacts

DIGITAL RESOURCES

Research online platforms, forums, or social media groups related to your interests.

Join relevant discussions, share your insights, and connect with individuals who stand out.

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Creating a Connection Action Plan

PRIORITY CONNECTIONS

Based on your analysis, identify the top 3-5 individuals/organizations you want to connect with.

Write down the reasons why these connections could be valuable.

OUTREACH STRATEGY

Determine how you will reach out to these potential connections (e.g., email, social media message, in-person introduction).

Craft a brief introduction highlighting common interests and potential collaboration.

FOLLOW-UP PLAN

Once you've made initial contact, plan how you'll follow up with these connections.

Consider ways to nurture the relationship, such as sharing relevant articles or suggesting a coffee chat.

Remember, building relationships takes time and effort. Stay open-minded and genuine in your interactions and focus on mutually beneficial outcomes.