



The Unspoken Life WORKBOOK

Conclusion: Keep Building the Bridge

Your bridge to connection is built on the concepts you have just worked through, from the shift into recognize-embrace-connect, to the principles of self-worth, conviction, acceptance, courage, empathy, resilience, and vision. All of these keep you balanced on the bridge back to connection.

Using the exercises in this workbook, you have built a solid foundation for your bridge.

But remember that your bridge will never truly be complete. It must be built higher, as you continue to work on these concepts of connection within yourself. And it will be built longer, extending over time as you connect with more and more people who share your journey.

Work at connection every day. Keep putting these principles into action. Be aware of your balloons and sinkers, and do what you need to do to fill your life.

And, when you need to be reminded that you are not alone, or if you need a refresher because you feel you are not being your most authentic self in some area, come back to these worksheets. At first, you may want to revisit them every day. Later, you may need to refocus only once a week or once a month. Whatever works best for you is fine, but make sure you recognize when it is time to come back and reconnect.

Learning is an ongoing process. We are not perfect, and neither are our journeys. Coming back to the worksheets you've done before is not failure; it's an opportunity. Because you are always changing, having new experiences, and gaining new insights, you will get something new out of these exercises every time. You will see the world and yourself through the lens of your new perspective.

I am so proud of you for working to build your bridge to a more connected life. Always remember to keep going, even when the going is hard. As you work through this process, the world opens up to you, and at the same time, you learn so much about yourself.

The possibility for greater connection exists. Embrace that, and see what new horizons open up for you. Go out and live life. Not an unspoken life, but the fullest, healthiest life possible. Do whatever it takes to connect again. You already have everything you need to build your bridge. And now you have the tools to use these principles in your daily life.

Reconnect with them often. Remember that you are worth it. You deserve to be spoken for. You deserve the best life you can have.
Now go out and live!