

June 2025 -
Connection

A Monthly Workbook
from Serenity in Motion

My Love,

Each month, we begin again — not with pressure, but with presence.

This month, we invite in connection — not the kind that's noisy or performative, but the kind that roots you deeper into yourself, into others, into life.

You don't need to be more social, more open, more anything. You simply need to arrive, exactly as you are.

Let this be your space to reflect, soften, and remember that connection isn't something to chase — it's something to feel.

With heart and stillness,

Lily

*“Connection is not about being seen —
it’s about being felt.”*

True connection begins within.

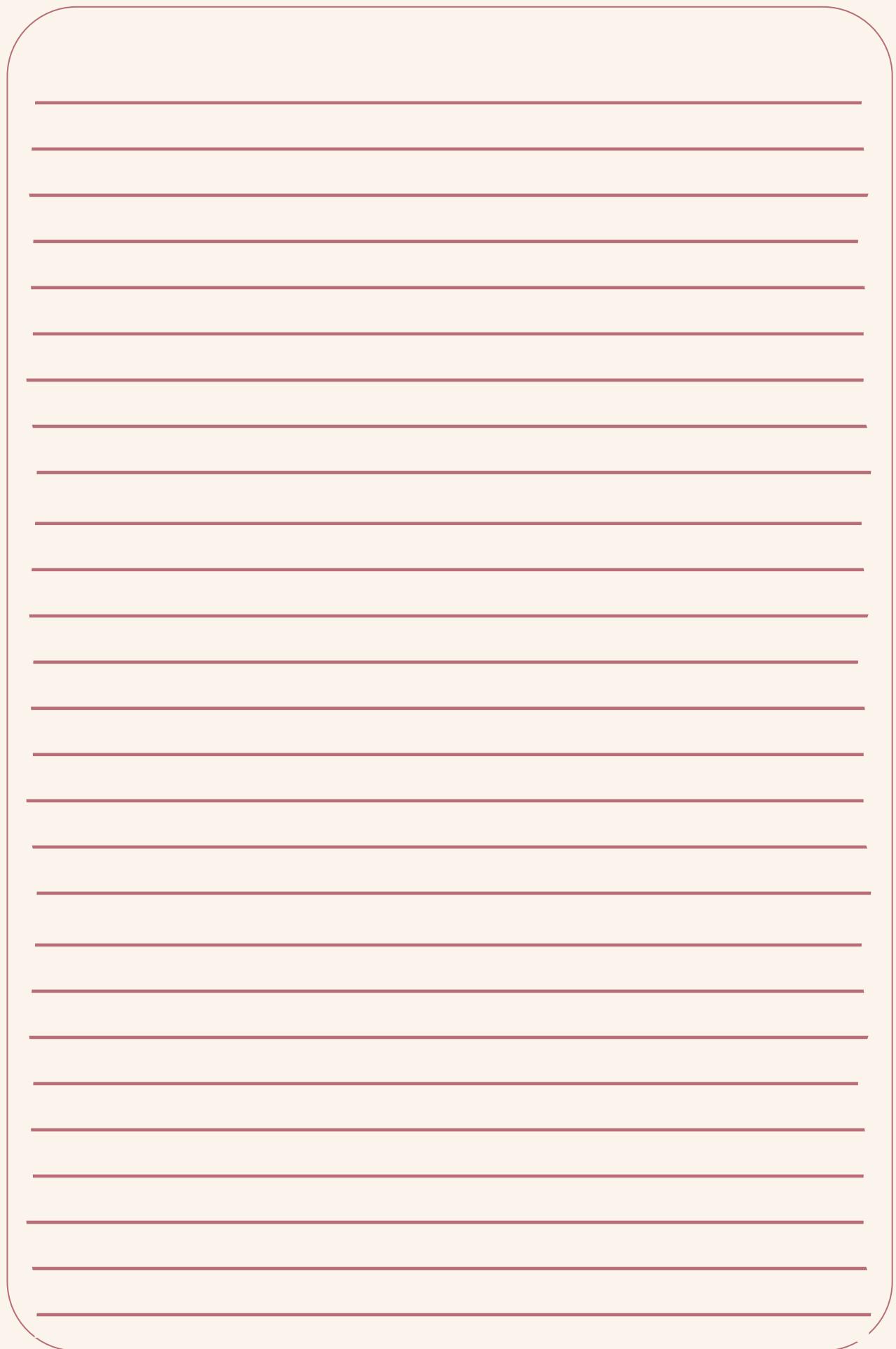
When we feel whole in ourselves, our relationships, creativity, and sense of belonging naturally deepen.

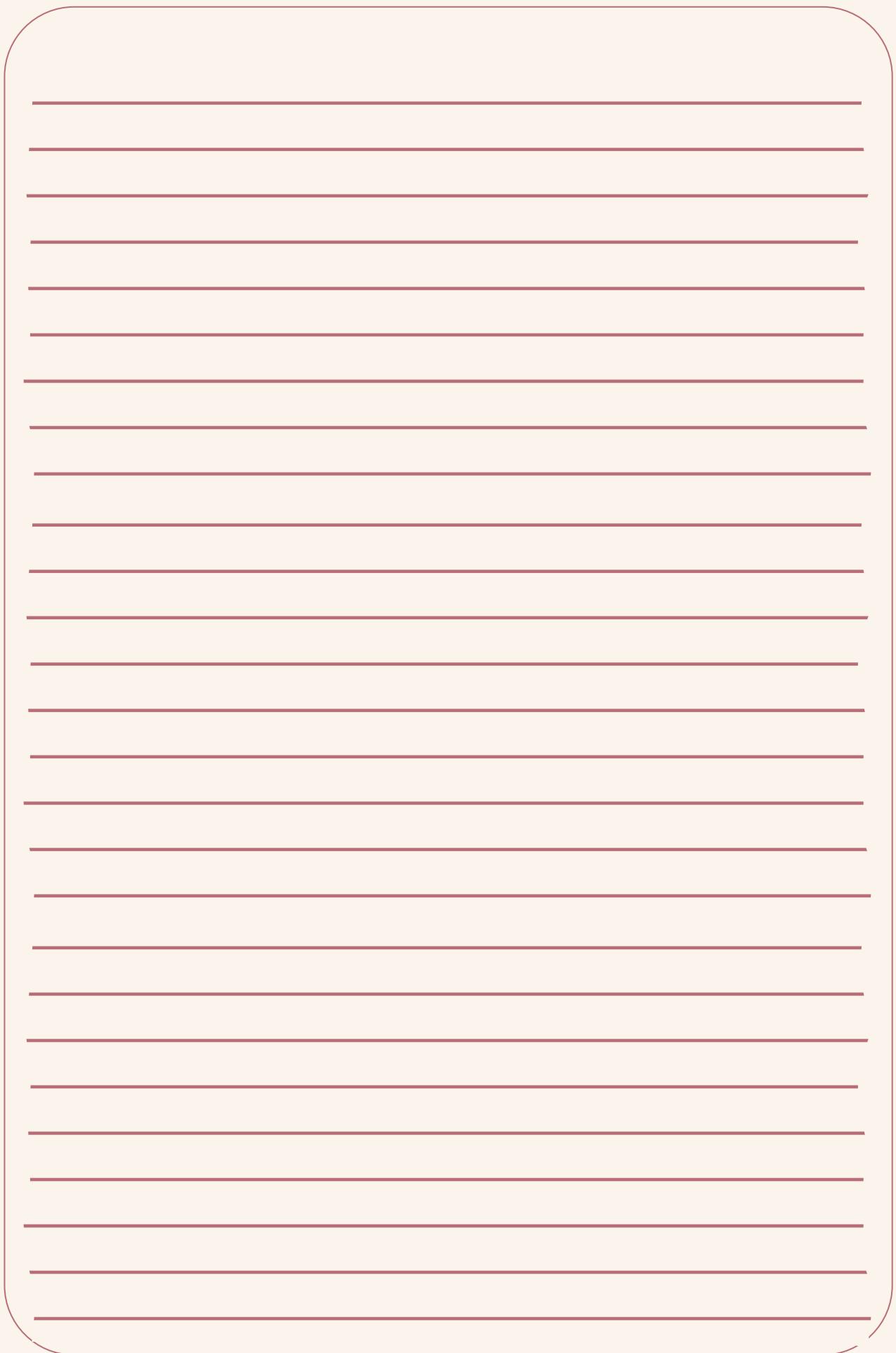
This month, we embrace connection in all forms — connecting to ourselves, to others, and to the world around us.

Let’s slow down, listen deeply, and open our hearts to the beauty of presence.

Journal Prompts

1. How can I deepen my connection with myself this month?
2. Who in my life do I feel most connected to, and why?
3. What does it feel like when I am truly present in a conversation?
4. How do I connect with the world around me? (Through nature, art, movement, or something else?)
5. In what ways can I cultivate more meaningful relationships?





Affirmations

I open my heart to deep, meaningful connections.

I connect with myself first, knowing that self-awareness deepens all relationships.

I cultivate relationships that nourish my soul.

I listen deeply and communicate with love and presence.

Connection is about quality, not quantity — I focus on what truly matters.

I attract and maintain authentic, fulfilling connections in my life.

The Practice: The Connection Cup

Make yourself a warm drink you love — something slow, something comforting. As you sip:

- Place one hand on your heart.
- Take three soft breaths.
- Whisper inwardly: *I am here. I am listening.*

Drink slowly. Don't scroll. Don't rush. Let this be your moment of presence.

Return to it as often as you like this month.

Challenge: The 7-Day Heartfelt Connection Challenge

For seven days this month, make a conscious effort to deepen a connection in your life. Try:

- Writing a heartfelt message to a loved one
- Practicing deep listening in a conversation
- Scheduling quality time with a friend or partner
- Doing something kind for a stranger

Notice how your relationships shift when you show up with presence and love.

Closing Reflection

As this month gently comes to a close, take a moment to pause and honor the journey you've been on. Breathe deeply, and reflect on the ways you have embraced this month's theme. What practices felt most nourishing? Where did you experience moments of growth, balance, or stillness?

Let go of any need for perfection—your wellness journey is not about doing more, but about being present with yourself in new and loving ways. Carry forward what serves you, release what no longer aligns, and trust that each small step is guiding you towards deeper peace, vitality, and connection.

You are unfolding beautifully, just as you are meant to.

