



UNLOCK YOUR CONNECTION

3-WEEK
TRAINING SYSTEM

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I promised you a system to help you internalize Connection. It takes about 21 days to create a new habit. When you repeat a new behavior enough times it becomes a habit. Then, when you repeat a new habit enough times and across various situations it becomes a trait or way of being.

INSTRUCTIONS:

1. There are 21 boxes, one for each day. Start on any day of the week.
2. There are 7 main Connection topics, one per chapter in *Unlock Your Connection* plus one overarching principle. Each day you will pick just one topic/chapter to practice. Write down the topic you will practice in the “Connection Topic” box.
3. For that day write down the Connection Challenge or Challenges you will practice. You should do at least one, but feel free to do more.
4. Rotate the 7 topics over the next 21 days. They all complement each other, so the order is not important. Feel free to repeat the same principle over consecutive days. It’s all up to you to decide what will work best.

The KEY is to continue to work the 7 Connection topics over the next 21 days.

5. When you finish each practice, mark it “Done” with a checkmark. You should see 21 check marks at the end of 21 days.

Note: I’ve provided the name of each Connection Challenge and the chapter where you can find it to review the specifics.

Good luck and Happy Training!

| Day | Connection topic | Challenge(s) | Done |
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Connection Topics

1. **KEEP YOUR CENTER** (Chapter 2)

[Connection Challenge: Attend to Your Center](#)

[Connection Challenge: Breathe From Your Center](#)

[Connection Challenge: Calibrate Your Center](#)

2. **RESPECT THEIR CENTER** (Chapter 3)

[Connection Challenge: The Perception Principle](#)

[Connection Challenge: Yes, And](#)

[Connection Challenge: Have It Their Way](#)

3. **CONNECT YOUR CENTERS** (Chapter 4)

[Connection Challenge: Read the Room](#)

4. **FIND THE FLOW** (Chapter 5)

[Connection Challenge: Drive the Conversation](#)

5. **STAY CONNECTED (UNTIL IT IS TIME TO DISCONNECT)** (Chapter 6)

[Connection Challenge: Flow and Let Go](#)

6. **CONNECTION KILLERS** (Chapter 7)

[Connection Challenge: Name It, Don't Shame It](#)

[Connection Challenge: Only Questions](#)

[Connection Challenge: Shocking Connections](#)

[Connection Challenge: Fill Up the Tank](#)

[Connection Challenge: Baby Guest of Honor](#)

7. **THE CONNECTION MINDSET** (Chapter 8)

[Connection Challenge: En Garde!](#)

[Connection Challenge: Metal Detector](#)

[Connection Challenge: Blank Paper](#)

[Connection Challenge: The Spiral Staircase](#)

[Connection Challenge: Wildlife Observation](#)

SKELETON KEY (Chapter 10)

“Love is the engine that powers connection. Period.”

GET CONNECTED



Joe Kwon is the Connection Counselor. He teaches busy professionals how to Click with Anyone, Anytime, Anywhere.

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3-WEEK TRAINING PLAN is from Chapter 9 of the book *Unlock Your Connection*, from Connectadot Books.

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