# Networking as Self-Governance: Activity Template

Use this worksheet during the interactive activity to reflect on your current network and opportunities for growth.

## 1. Identify Your Current Network

List 5 people you already know in a professional or academic context:

1. 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 2. Nurturing Your Connections

For each person listed above, answer the following:

• What have I done recently to stay in touch or offer support?

• What could I do to reconnect or add value?

## 3. Missed Opportunities

Reflect on a time when you could have followed up or helped someone but didn’t:

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## 4. One Action This Week

What’s one step I will take this week to grow or nurture my network?

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Remember: Networking is not just about what you can get—it’s about building relationships grounded in service, respect, and honesty.